

THE NATIONAL SPIRITUALIST

Summit Magazine

Nov/Dec 2017

Inside this Issue:

Imagining the Soul

**Trance: The
Debate Resolved?**

**Is Particle Physics
Coming Closer to
Spiritualism?**



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November/December 2017

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All submissions must be in alignment with Spiritualist Principles (the science, philosophy, and religion of Spiritualism).

Please include your name, contact information, and the name of the church you attend with your submission.

Electronic submissions are preferred.

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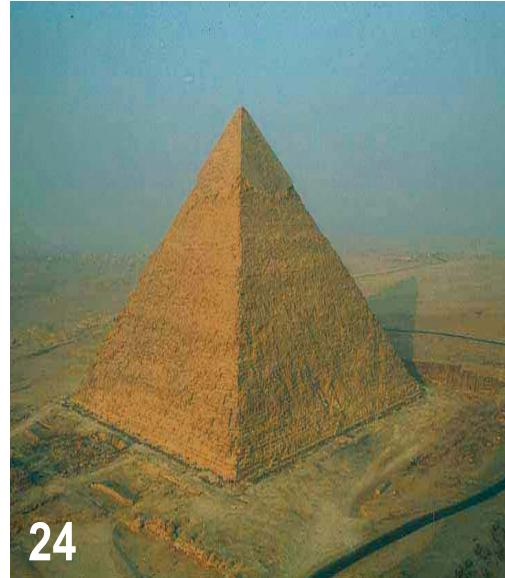
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**The National Spiritualist
Summit Magazine**

Reflection

Reprinted from *The National Spiritualist*

NSAC 1928 Convention

“The Fundamentals of Spiritualism as Applied to Every-day Life”

Lecture by Rev. H.W.B. Myrick



When asked to talk upon “The Fundamentals of Spiritualism as Applied to Every-day Life,” I first thought of speaking of love, purity, truth, justice, and other great moral principles. These are the elements of human greatness, the qualities that shine resplendent in the lives of the world’s finest men and women. Moral principle, woven into the fabric of a beautiful human character, is the thing necessary to glorify human life. But I found, upon reflection, that moral principles do not constitute the fundamentals of Spiritualism. The word fundamental means bottom, base, or foundation. It is the rock upon which a building or a system must rest if it is to withstand the tempests and endure for ages. And, as a moment’s reflection will show you, these moral principles themselves must be built or founded upon something. Men will not show a forgiving spirit, not practice love, justice and benevolence without some great compelling motive. And so I had to go deeper than moral qualities to find a fundamental, or a foundation in Spiritualism which could be related to our every-day lives.

Here, then, it is. Continuity of Life! The assurance that death does not terminate our personality and conscience existence. This is pre-eminently the fundamental truth of Spiritualism. Whatever else it may stand for, its distinctive characteristic and claim upon humanity is that it, in a very satisfactory

manner, proves the survival of the human spirit over the event which men call death. This is the “vital message,” as Sir Arthur Conan Doyle calls it. In this, and perhaps in this alone, was Spiritualism needed by the human family. Spiritualism did not and cannot add one single moral idea or precept to the world’s standard of right and wrong. The philosophers, the moralists and the religious teachers had long before worked out a practically perfect code of ethics... For centuries mankind has been in possession of moral teachings of the highest order. The world was not in need of them when Spiritualism came. But it did, and it still does need a motive to make moral teaching effective! And this is where the great fundamental truth of Spiritualism becomes acutely related to the every-day life of men.

When men ask, “What is the use of trying to make our lives clean and kind and self-denying if death is to end it all?” Spiritualism is ready with a cogent answer. And Spiritualism can prove that answer by means of many phases of mediumship. So strong, so invincible are these proofs that great scientists, psychologists, ministers and men of letters have announced their full acceptance of it as a scientifically established truth. Spiritualism is the only religion which makes the every-day life of man worth living, because it alone demonstrates that the human spirit shall live forever.

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Is Particle Physics *Coming Closer to Spiritualism?*

Writer: Lionel Owen, South Africa
Norwich Spiritualist Church, UK

Matter is what atoms and molecules are made up of. On the physical, material level, it's what all physical objects are made up of. It is everything that surrounds us that has mass and volume. When scientists attempt to gain a better understanding of the nature of our reality, matter is what they study. However, when scientists observe matter at the smallest possible level, they are left with more questions than answers. This is thanks to the fact that a tiny piece of matter, like a photon, or an electron, can exist in multiple possible states (as a "wave") even though it is one single particle... which makes absolutely no sense.

It is important for the world to consider the notion that our physical material world might be guided by non-physical properties, such as consciousness. This idea is best supported by what is referred to as the double-slit-experiment.

The quantum double-slit experiment is a very popular experiment used to examine how consciousness and our physical material world are intertwined. When scientists watched the experiment in order to measure and observe the patterns and paths of these photons, electrons, or atomic-sized objects, the very fact that the scientists were observing affected the paths of these particles. It was clear that the observer had some sort of effect on the behavior of the particles. The particles behaved as if they knew they were being watched.

This type of confounding phenomenon has been repeatedly demonstrated and examined a number of times by experts from all over the world. For example, one study published in the journal *Physics Essays* explains how factors associated with consciousness "significantly" correlated in predicted ways with perturbations in the double-slit interference pattern. "Observation not only disturbs what has to be measured, they produce it. We compel the electron to assume a definite position. We ourselves produce the results of the measurement."

— Dean Radin, PhD, Chief Scientist
The Institute of Noetic Sciences

"What I am going to tell you about is what we teach our physics students in the third or fourth year of graduate

school... It is my task to convince you not to turn away because you don't understand it. You see, my physics students don't understand it, that is because I don't understand it."

— Richard Feynman

What does this mean for us as individuals and as one human race? We are talking about observing what we are all made up of matter at the smallest possible level. As the particles of energy are led to certain paths, are we also led by an observer that does this? Is there someone watching us? Is it our own consciousness that is observing ourselves, and is that dictating the makeup of our reality? There are so many questions to be asked, and so few answers to be found.

"Broadly speaking, although there are some differences, I think Buddhist philosophy and Quantum Mechanics can shake hands on their view of the world. We can see in these great examples the fruits of human thinking. Regardless of the admiration we feel for these great thinkers, we should not lose sight of the fact that they were human beings just as we are."

— Dalai Lama

If you factor in these quantum experiments, combined with the multitude of studies examining parapsychological phenomenon (consciousness, power of the mind, distant healing, telepathy, and other unexplainable but observable phenomenon), as well as all of the evidence pointing to the fact that we can even influence our own biological systems with thoughts alone, the picture (to me) becomes very clear. We exist in a world that does not yet recognize the importance or the power of thoughts, feelings, and emotions when it comes to the type of human experience we create for ourselves and the inner state from which we act and create it. These things do indeed have the power to change the world, and they are what will eventually lead to the necessary action of correction.

"A fundamental conclusion of the new physics also acknowledges that the observer creates the reality. As observers, we are personally involved with the creation of our own reality. Physicists are being forced to admit that the universe is a 'mental' construction. Pioneering physicist Sir James Jeans wrote: 'The stream of knowledge is heading toward a non-mechanical reality; the universe begins to look more like a great thought than like a great machine. Mind no longer appears to be an accidental intruder into the realm of matter, we ought rather hail it as the creator and governor of the realm of matter. Get over it, and accept the inarguable conclusion. The universe is immaterial-mental and spiritual.'"

— R.C. Henry, *The Mental Universe*

The Origin of *Suffering*



Rev. Dr. Norma J. Turner, NST
Spiritualist Living Center, AZ

There are three great mysteries that have been the source of perennial discussions throughout the history of philosophy. The first great mystery is, What is the origin of suffering? The second great mystery is, What is the origin of ignorance? The third great mystery is, What is the meaning of creation? Granted, there are many more great mysteries, but these are the ones I have chosen to discuss. For those who wonder why we would spend time trying to resolve such major issues, the answer lies in the fact that our philosophies of life are rooted in how we respond to these questions.

We will consider the first question: the question of suffering in its many forms. Why? Because I doubt if any person alive has lived without some form of suffering, whether it is physical, emotional, financial, or psychological. The underlying question is, If God is so good, why do people suffer? Early in Semitic prehistory, the legend arose that people suffer because they disobeyed God. God punished all humans for Adam's sin by throwing Adam and Eve out of the Garden of Paradise, making them work by the sweat of their brow, experience great pain in childbirth, and suffer and die. Sound familiar?

In the West, the relationship with God has colored the way we perceive suffering. When God is angry with us, God punishes us. If we disobey God, we fall from grace. Now in the New Age, we have fallen asleep and must find our way back to God. Suffering is supposedly a sign of God's

anger or displeasure toward us. But there is a problem here: God has created Natural Law and created humans with limited knowledge, who, because of our innocence, will do wrong things and then will be punished. Does this seem fair? In other words, we will suffer punishment because we don't know better. All souls have been created innocent of their perfections, so all souls make wrong choices and have misguided desires. I have often discussed with adult students how much child abuse was committed because parents expected their little ones to be far more intelligent or mature than than they were.

What is the origin of suffering? The Buddhists teach an answer for suffering when they say that all suffering originates from desire. Because we want things, we experience suffering. If we were truly satisfied with all we had, we would never have feelings of longing or, maybe, even lust. True, we can look at the media that surrounds us and our materialistic culture, and try to place blame there. But as you know, we control our wants and needs. We are the ones in charge of us. Those of you with siblings know how some members of your family are just not happy people, and they never will be. We all know people who are constant complainers that are never satisfied. Other people are fine with the way their lives have turned out; they work hard and find satisfaction in their lives. Yet there are those people who are healthy, have all they need, are generally living good lives with the ability to make choices, and yet they complain all the time. What is that about?

The root cause of sin and evil is ignorance. According to the classical philosophers, the actual cause of suffering is ignorance. Some of you may disagree with this position, but it is the position of Aristotle so many years ago. He was a smart man, and many people through history have agreed with him. So there must be something to this argument. For those of us who have been guilty of such infractions, we would probably agree that, yes, we were acting out of ignorance. We would do things much differently now. However, many people do not understand that suffering has nothing to do with God's anger toward us or punishment. And because of these beliefs, they tend to blame and judge others and themselves when they begin to suffer in any way.

We must understand that Infinite Oneness could never separate from its creation. We are one with Infinite Intelligence. But if Infinite Intelligence is understood as love and perfection, why is there so much human suffering? Buddha sought the same answer. He had left the palace and saw the four sights—a sick man, an old man, a corpse, and a holy man. Each person referred to a different type of suffering. Seeing these four sights, Siddhartha had many questions. “Why would people like this exist? Why hadn’t he seen them before?” Buddha then renounced all his wealth and left the palace to find the answer to his question: “What is the reason for such suffering?”

The answer he found was “desire.” It is only because we desire something that we experience suffering. His answer came from the enlightenment he experienced. Those truths are: (1) The truth of Dukkha—all conditional phenomena and experiences are not ultimately satisfying. (2) The truth of the Origin of Dukkha is that craving for and clinging to what is pleasurable and aversion to what is not pleasurable result in becoming, rebirth, dissatisfaction, and dying again. In Buddhism and Hinduism, this is called the cycle of Samsara. (3) The truth of the Cessation of Dukkha is that putting an end to this craving and clinging also means that rebirth, dissatisfaction, and dying again can no longer occur. (4) The Truth of the Path of Liberation from Dukkha is that by following the Noble Eightfold Path—namely, behaving decently, cultivating discipline, and practicing mindfulness and meditation—an end can be put to craving, to clinging, to becoming, to rebirth, to dissatisfaction, and to dying again.

Siddhartha’s teachings only touched the symptoms. Again, the root of such desire is ignorance. As Spiritualists, we have an advantage. We know that suffering in whatever form it occurs is not a punishment. Suffering is part of the contract, if you will, we all made for ourselves before we began this stage of our lives. As Spiritualists, we think of all these events in our lives differently. We understand that our lives do not happen by accident. When we arrive upon this Earth, we have lessons to learn to develop ourselves to become who we are meant to be. We need to keep in mind the physical and spiritual laws of God.

Following the laws of Nature helps us align with all of Nature, attending to our best physical and spiritual health. Because our culture does not function along the lines of Natural Law, we must make special efforts to increase our awareness and strengthen our will to follow the laws of Nature. It is not easy to ignore the media, the advertising, and the cultural pressures to align oneself with nature and to do what we know to be good for us, flowing with the goodness of life, love, and a positive attitude day after day. I speak for many of us when I say that I am grateful for my *Spiritualist* state of mind.

Transforming JUDGMENTALNESS

Writer: James Johnson

Do you ever judge yourself for being judgmental towards another? Do you look back at actions, words, or thoughts you had in your younger years, or last week, and then criticize yourself? Have you ever felt ashamed that you can’t live your highest truth and value system at all times? Most of us, even when attempting to live the high road, do all of these things occasionally. If you determine transforming judgmentalness into acceptance is one of your goals for the coming New Year, how can you begin to move to a new place in consciousness?

A simple solution is to learn to be the observer and at the same time keep tuning into your desire to change any unwanted thought, pattern, or action. Have an intention to be aware as much of the time as possible. Observe and be present with what is—seeing yourself and others doing things you like, as well as those you do not like. The things we don’t like trigger our belief system, our conditioning, and our wish for things to be different.

Any time we use “should” and “ought” can be a clue to where we are being judgmental. If you think you *should* do something, ask yourself, *who* is it that thinks you should? Many times you will hear the voice of one of your parents. Then, if you catch yourself thinking you should have done something in the past, remind yourself to let it go. Learn that the way you did things in the past is irrelevant. If you observe places where you wish you had done something different, simply use it as a goal for the direction you are moving toward. You will always get another chance to put the new value in place and improve, as our patterns repeat until such time as we transform them.

Another aspect of changing our value-judging self is to learn and practice tolerance. This is not easy when people think and act differently than we do. Remember, we reflect the result of our conditioning and the beliefs instilled in us when we were young. We had to conform to these ideas to survive. As a thinking adult today, you have the power of choice and tolerance to move you to the high road.

It is also important to practice loving kindness and forgiveness with ourselves. Each time we are disappointed in ourselves, it is important to be kind to ourselves as the inner dialogue of judging begins. Remind yourself to practice forgiveness to ease the mind. Tell yourself supportive things such as, “I did the best I could under the circumstances. I choose to forgive myself. I now picture how I will do it differently when a similar situation arises again.” Love and forgiveness are keys to letting go of judgmentalness.

Being a self-aware person involves growing and evolving. If we were already fully conscious beings, we would not need the experiencing process to grow and learn and heal and transform. Transforming judgmentalness is nothing to be critical or ashamed about. Awareness is the first step in change, so observe yourself. As you treat yourself better, you will automatically do the same with others. Evolve your consciousness with your intention to catch yourself being judgmental and then commit to making a change.

Perceptions & Reality



The captain and the first mate had been quarreling on most of the journey. One evening, the captain was not feeling well and asked the first mate to take over and to remember to update the ship's log. The next morning, the captain was feeling better and looked to the ship's log to see what had transpired during his illness. The captain was mortified to read that the first mate had written, "The captain was sober today."

The captain went to the first mate and asked "Why did you write that? You know that I am a tea-totaller and I have never touched a drop of alcohol in my life." The first mate replied, "I only wrote the truth."

Did the first mate twist the truth to promote his own biases or agenda? What he wrote was true about the captain's state of mind, but how he said it had other implications. As we look at our lives and the world around us, we need to remember that there is no such thing as reality, only our perception of it. When we take a look at the news and our experiences in life, we have a choice to make regarding what is true to us. When we consider something, it is our truth as we perceive it. Someone else may have a different truth about the same situation or experience.

For instance, let's take the common dandelion. What do you see? Is it just an annoying weed that "yellows up" your beautiful green lawn? Or does it produce wonderful puffballs of seeds that giggling children love to blow in the wind? Or is it a flower for the honeybees or for making dandelion wine? Or are the greens for a salad that is rich in vitamins and nutrients? The "truth" is in your perception.

It is often said that we create our own Reality. How many times have we heard that? Do we believe it? Do you see yourself as a victim or a victor? If we look for it, every event in our life is a gift. Yes there are tragedies, but there is a saying that "The soul would have no rainbows if the eyes had no tears." I have had, as I am sure

Writer: Rev. Barbara Gentry, CH, NST
The Spiritualist Church of Indianapolis, IN

most of us have had, some real tragedies in our lives. But as tough as some them were, they later on turned into blessings. Perhaps it served to move us out of painful situations, or give us compassion for other people. Sometimes we just need to thank God for unanswered prayers because something better was in store for us.

Then there is the Law of Attraction. We consciously or subconsciously put ourselves in situations that draw people, things, or situations to us that are for good and bad. If we live with a grateful heart for the good and are grateful for the lessons learned from the bad, we will draw more good to us. Always have a grateful heart.

In a book I recently read it said, "Perspective creates perception. Perception creates experience. The experience that perception creates for you is what you call truth." This applies to all areas of our life, but it is really evident in discussions about religion and politics. Wars are fought, families are divided, and friendships are destroyed because a person believes that they are the only one that is right. So often we are manipulated or swayed by what is said by some celebrity, by our parents, friends, or from the pulpit. We need to do our own research and discovery and trust our own gut instincts. Several years ago there was a saying "What would Jesus do?" As Spiritualists, we see Jesus as a healer, medium, and a way-shower. That description applies to us as well. What would Jesus do or say in the discussions or situations in which we are involved?

It is important to remember that there is always more than one way to perceive or do things. Think about that. There is no such thing as one, singular reality—it is just how we as individuals choose to perceive something. So what does this have to do with our Spirituality? Our Declaration of Principles gives us some very valid guidelines. They give us the basics but it is up to us to apply them in our lives. How we perceive and apply those principles becomes our own reality.

Remember to trust your gut instinct. Trust and follow your heart, and remember that there is only love.

A New Beginning

Writer: Helga Cozad
1st Spiritualist Church, TX

The holidays differ in many ways for different people, though the ideas in the heart are similar for all of us. The holidays usher in that point in time and space when many take inventory and set up a few resolutions and goals for the coming year. One common goal is to break free from undesirable habits and practices through our earnest desire to do better. This attitude is commendable as we establish resolutions on the assurance that our purpose in life lies in the truth of the Law of Cause and Effect.

We can fortify ourselves against the distractions that draw us off our path and make determined choices to do better, to be better and to serve Spirit. With an understanding of the governing Law of Cause and Effect, we can change our thinking and establish the good we desire in our consciousness. The laws of Spirit are applicable to our everyday experiences through our understanding of how the law works. There is no cause for discouragement. We can use what seems to be any sort of failure on our part to our benefit by recognizing a possible weak point in our spiritual armor. We are able to strengthen that weakness or even eliminate it by using it to advance our spiritual progress.

For many of us New Year is a time when we make conscious and deliberate choices to live more intimately with Spirit. It is a time when we realize that our fondest hopes require that we take specific steps to achieve them. It is a time when difficulties come to mind that test our resolve and determination to overcome whatever appears to be in the way of our goals. It may seem that with every step we take in line of our spiritual progress, new obstacles rise up for us to clear out. Living in a spiritual atmosphere does not mean that we can always easily maintain a deeper sense of peace and harmony in our daily lives. It is during these moments of discouragement that we most need to turn to God and Spirit.

We learn in Spiritualism that with every step we take, the illuminating presence of Spirit is with us. That light of truth and love infuses our whole being with peace and harmony, which strengthens us for every challenging moment in life. It is



clear in our consciousness that the spiritual universe connects us with our highest goal. The fact is, a clear glimpse of truth is always accessible to us in the light of Spirit. Our vision needs to be cleared of whatever seems fearful or a point of doubt in our attitude, for these elements of thought cloud our understanding and delay our realization of the presence of Infinite Intelligence.

What is it that causes us to lose sight of our true existence as spiritual beings and forget how deeply we can trust the presence and power of God in our world? What outgrown beliefs seem to hide the truth from us and obscure Spirit's gifts of harmony and wholeness? When we look into the spiritual facts of truth we can clear away the mists and shadows of the creeds and dogma that were part of another life, another era. The spiritual facts of the Law of Nature will melt away these shadows and reveal the celestial peaks of Infinite Intelligence. We find these exalted moments of spiritual revelation as we continue to walk by faith in the mists of old beliefs and demonstrate the principles of Spiritualism.

Two main factors in spiritual progress help us to obtain and retain the reality of being. One such factor is the understanding of creation within the revelations of Spirit, and the other is the realization that time is helpful but is not required for us to mature in all things. We are conscious of the spiritual origin and reality of creation, and that conscious awareness enables us to respond to life daily with the expression of what is true, real, and demonstrable.

There are more traditional teachings that preach to all a seeming struggle between the flesh and the Spirit. While we work to give expression to the Spirit within us and through us, our understanding of God's universe reveals to each one of us a new Heaven and Earth. It validates the power of our spiritual vision in overcoming the obstacles to demonstrate the continuation of life in Spirit.

Our holiday resolutions are not confined to one day in the year. We make new resolutions each time we choose to be still and know God and Spirit intimately and completely. Each time we take time for meditation and contemplative study, we have the opportunity to awaken to truth and the fresh opportunities of beginning anew. As Spiritualists we desire to live up to the highest understanding of truth, and to firmly repudiate the fearful beliefs of the hereafter. Daily we perpetuate the realization of the spiritual universe in which we live, move, and have our being as spiritual beings.

FEATURE: GLOBAL Spiritualism



Greetings from Scotland!

Contributed by Eleanor Walker, Spiritualist

When speaking of Spiritualism in Scotland, we cannot fail to mention the famous Spirit Medium Helen Duncan. Helen was born in Callander and was persecuted for her work in Spiritualism. To this day, she is held in high esteem by Spiritual communities in Scotland. Her memory lives on through her charity, The Helen Duncan Foundation. It is a testament to mediums of the past in how they are fondly remembered today.

Looking at Spiritualism in Scotland today, it certainly seems to be growing. This is indicative of the number of spiritual churches and centers that are opening in our towns and cities. In some towns there are as many as 3 to 4 spiritual churches or centers. The down side is that often as little as 8 to 10 people may be in attendance. Many of these places hold development circles after each service. There are also workshops offered to help educate people on the mechanics of mediumship.

Our churches and centers encourage both local mediums and mediums from further afield to participate, which in turn spikes the public's curiosity. Visitors come to these places to learn the philosophy and perspective of Spiritualists from different backgrounds. The larger centers such as the *College of Parapsychology*, the *Sir Arthur Conan Doyle Center*, the *Glasgow Association of Spiritualists*, and the *Kilmarnock SNU Spiritualist Center* are becoming more prominent with public demonstrations of mediumship and workshops by leading authorities on topics

that are of interest to Spiritualists. These types of events bring Spiritualism into the public domain, and create opportunities for us to interact with other faiths and to welcome people from all walks of life into these Spiritual meeting places.

I have demonstrated mediumship around Scotland, in Europe and in America, and have found that the content of services are mostly similar. A service in Scotland consists of an opening prayer followed by a reading by a member of the church. Next is a healing silence where thoughts of healing are sent out to those in need. This is followed by an address given by a medium, then a demonstration of mediumship. This is followed by intimations, and then the closing prayer. If the service is a Divine service, the singing of a number of hymns are included. The majority of attendees are usually looking for a message or guidance from a loved one, and want confirmation that death was not the end. Many seek something that perhaps conventional religion is not providing for them. Often they attend out of curiosity.

In Scotland, many want the medium to identify the Spirit communicator through descriptions of their personality, height, color of hair, relationship, name and so forth. Once they are convinced it is their loved, one they are then happy to receive the message.

Though I have limited experience, I have found that in the United States it appears that the Philosophy is given more credence and time than the mediumship, with shorter messages being given. If the relationship is given and accepted, a description of the communicator

is not needed.

Many mediums of the past conducted séances which provided much evidence through direct voice, materialization, Spirit writings on slates and other such physical phenomena. This leads me to feel that they have left a legacy that seems at times to be hard to follow in present day mediumship. In Scotland, this form of séance is not heard of so much, although Scott Milligan conducts séances in Aberdeen. I have personally attended 3 of his séances and been impressed with the phenomena produced by Spirit. He is a humble young man who seeks to ensure that any séance he conducts is as transparent as possible in order to erase any doubts of fraud or fakery.

There are of course more well-known Scottish pioneers of today. Gordon Smith is described as the UK's most accurate medium. Thelma Francis is a very good medium and tutor. But we must not forget the work of lesser-known mediums who strive to keep the light of Spiritualism glowing, and who will go on to become pioneers of Spiritualism here in Scotland. To mention a few:

Sandy Campbell from Dundee works tirelessly to serve Spirit not just in Scotland, but around the UK. He has worked in America, and is also a wonderful trance medium.

Alison Cobb is from Arbroath. She is a humble lady who works for Spirit with a quiet dignity, and produces excellent evidential information from Spirit. Frances Ryan is from Edinburgh. She is a good servant of Spirit and is the trusted medium of Archie Lawrie, a well-known paranormal investigator. Barry Hogg is also from Edinburgh. Larger than life, Barry is a popular medium in Scotland, and has a good sense of humour which often comes through in his messages.

This all bodes well for the continued growth of Spiritualism in Scotland and long may it continue!

Eleanor Walker is a medium in Scotland with a keen interest in color.

Abundance & Prosperity

Writer: Anne Thomas



We all want a magical process to make our lives better. The only reason we usually desire to manifest prosperity in our lives is because we assume it will afford us more freedom to choose the life we want. But the truth is, that which separates us from prosperity, no matter how messy and gloriously complicated it may appear to us, is simple *choice*. We have the power to take hold of the moment and manifest prosperity now. It isn't rocket science, or head-based "mumbo jumbo," it is simple *choice*.

The first thing we need to do is feel good NOW—right now—right where we currently are in our lives. We must choose the vibration we are offering the universe in each and every present moment. And if we can't choose, then we must trust and surrender to the power of Infinite Intelligence that always has our back.

Gratitude is a transformative power. When you look for things to appreciate (such as what you already have), then the universe will reward you by giving you more things to be grateful for.

As we head into the holiday season, here are a number of things we can do right now to begin to shift the results we see in our lives and transform the energy that is holding us back from reaching our goals.

Believe beyond what you can see. Just because you can't see what you desire appearing before your very eyes in this moment does not mean that it won't land in your reality very soon.

Failure often comes before success. Florence Scovel Shinn said, "Every great work, every big accomplishment, has been brought into manifestation through holding to the vision, and often just before the big achievement, comes apparent failure and discouragement." Be prepared for failure first!

De-clutter your environment. This is one of the fastest ways to start manifesting abundance into your life! This means getting rid of everything in your life that no longer serves you. This will clear the old and create space for the new to manifest into your life.

Get specific on your desires. When you write down your intentions, be specific. The universe thrives on specificity. Dive into the details of the things, people, places and experiences you want to experience.

Thank the universe as if what you wanted has already manifested. As Spiritualists, we know that every creation begins in the etheric world before it filters through to the physical realm. Everything we are, and everything we experience, is a mere echo of the vibrational essence that has been offered prior to this present moment. So, thank Spirit and the universe for the things you desire before they actually manifest. Offering thanks will allow that which you desire to flow into your current reality with more ease and grace.

Rise above your limiting beliefs. Focus on healing the things in your life that serve as "blocks" in your flow of abundance. These hinder your progress in the form of beliefs

that you may have held since childhood.

Learn to love your abundance and celebrate prosperity. When you find a coin in the parking lot, beam with gratitude and practice thanking the universe for prosperity. Next time you get a paycheck, offer a little dance of joy! As you celebrate prosperity, it multiplies. The universe responds when we party up a storm when prosperity rolls in. It's a sign of openness, and of being an active participant in the expansion of your consciousness.

Fake it until you make it. One of the most entertaining ways to immerse yourself in the energy of abundance is by "pretending" that you're living life the way you would want. The idea is to immerse yourself in the energy of prosperity, because it sticks to your aura and magnifies the more you play the game.

Surround yourself with inspiration and participate in the vibration of what you want. For instance, if you read books on success, you begin to radiate a different frequency to the universe that will bounce back to you. Inspiration can come in many forms and is everywhere you look!

Create a fun and effective vision board. Immerse yourself in the creative process by cutting images from magazines that spark your inspiration. Turn on some happy music and allow yourself to dream big!

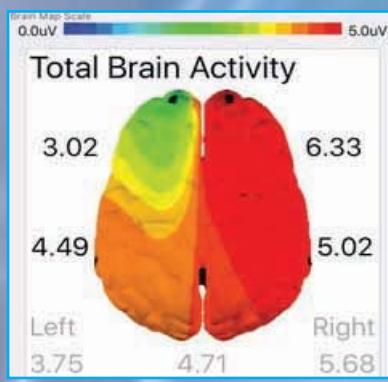
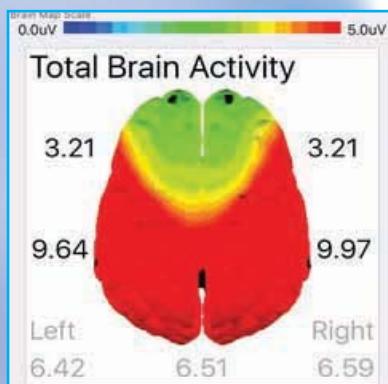
Use affirmations to imprint your subconscious mind. The human brain is a marvelous and intricate computer that can be programmed for anything we desire. Choose to continually expand and rewire your thinking in order to create a better life for yourself.

Feel worthy, for the underlying cause of self-sabotage is often times due to not feeling worthy enough. Rise above drama and obstacles that prevent you from reaching your full potential and choose a better path in each moment you are presented with. Choose to love yourself a little deeper, nurture your heart a little harder, and watch the magic unfold.

TRANCE . . .

The Debate Resolved?

Guest Writer: Chris Connelly, UK
Member of SNU, Society for Psychical Research



The modern Spiritualist movement includes individuals that have developed a sensitivity and ability to enter into a passive, altered state in which their minds are receptive to the thoughts of a discarnate entity. These communications are often of a philosophical nature, and often evidential with the discarnate entity providing evidence of their own immortality, or that of another recognizable entity in the Spirit World. However, the authenticity of trance has been heavily scrutinized for there are very few demonstrations that have been witnessed by the public that could serve to validate the phenomena. The mental medium Ursula Roberts, in answering a self-posed question on the authenticity of her own trance communication, asked: "How can I be sure that it is a state of trance control and not just a submerged part of my mind which has become active?" The response: "The medium must examine the results of the controlled communications. Are you able to say things which were not previously in your mind?"

Such an approach has disadvantages, for it presumes the medium is not of an unscrupulous character and ignores the possibility of subconscious knowledge from the medium that may surface while in an altered state. In addition, such an approach relies upon everyone present during the demonstration to similarly describe what they have witnessed and heard, which cannot be assured. An example of this can be seen in the case of an experimental séance with medium Mrs. Leonora Piper, who almost 100 years ago was invited by members of the UK's Society for Psychical Research to demonstrate her trance ability to a number of its members. Among those present were Sir Oliver Lodge, Eleanor Sidgwick and Sir Walter Leaf. Mrs. Piper gave a sitting where it was reported that her control, Dr. Phinuit, spoke along with a number of deceased relatives and friends. Of particular interest was that these three attendees left the séance with very different explanations of what they had witnessed and heard. Sir Oliver Lodge noted that each deceased entity demonstrated some recognized aspect of their personality. This was considered evidence in support of survival. Eleanor Sidgwick agreed that the personalities were unique, but pointed out that such difference may not be due to some external discarnate influence, but rather to the

hypnotic condition that Mrs. Piper had induced in herself, permitting access to her subconscious-self. Sir Walter Leaf offered a less favorable explanation of what he had witnessed and suggested that the individuals that spoke were due to a pathological condition of Mrs. Piper, such that we might find with individuals diagnosed with multiple personality disorder (or more recently referred to as dissociation identity disorder).

A debate has continued ever since, with researchers and Spiritualists supporting survival, a hypnotic state, or pathological hypothesis as an explanation for the trance condition.

An approach to consider when trying to solve this debate and come to a probable hypothesis involves using evidence. With technology becoming more affordable and more portable, a possible route to resolving this debate may include exploring the possible physiological effects one experiences while in the trance condition, and comparing these effects with other altered-state conditions.

In an issue of *Paranormal Review* in 2015, I discussed how while measuring the skin conductance of ten trance mediums, it was discovered that their skin measures showed significant similarities over the duration of their trance demonstration. More importantly, it was shown that these similarities were significantly different than the skin measures found in the mediums who were in the trance condition, versus a separate group of mediums who were simply pretending to be in the trance condition.

In another experiment in 2017, I was able to recruit three UK mediums who regularly perform public trance demonstrations. Each medium agreed to perform two one-on-one trance sittings with an unknown recipient while their brain activity was captured using a Muse EEG headband. The medium's brain activity was captured once before the trance sitting began, and again at the point where Spirit initially influenced the medium, indicating the trance had commenced. Each medium successfully gave two sittings, and each recipient confirmed that their sitting was evidential. When reviewing the brain activity results taken before the trance sitting, it was not surprising that the brain activity for all three trance mediums showed significant differences. However, the brain activity captured as the Spirit influence began showed significant similarities among all three mediums. The brain activity of each medium showed a significant increase in activity in the right hemisphere as compared to the left, which showed a slight reduction in activity. This is interesting because the left hemisphere is typically associated with verbal reasoning

and cognitive language processing, so we would naturally expect to see more, not less activity along the left hemisphere. This prompts us to question: How is the trance medium able to converse so intellectually when so little activity is present in the left hemisphere?

Collectively, the findings and conclusions from these two experiments provide evidence to suggest that the trance condition is a unique state of consciousness, and that the hypnotic altered-state hypothesis cannot therefore be used to explain the trance state. Considering the pathological hypothesis used by many as an explanation for trance, I refer to a recent research study conducted by Northampton University which explored the mental well-being of 82 mental mediums who completed psychological health questionnaires. They concluded: "Mediums presented as significantly healthier than non-mediums on the well-being subscale... and as less distressed on the psychological distress subscale ... consequently, there is no evidence to suggest mediums experience negative mental health; in fact, they seem to have better psychological well-being than comparable others."

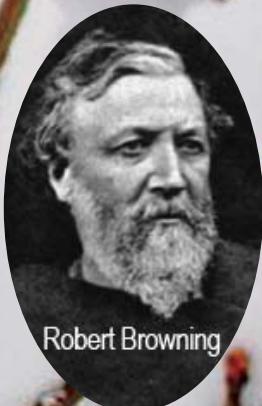
Based solely upon the conclusion of this study, it would be reasonable to suggest that the pathological hypothesis cannot be used to explain the trance state. We are now left with the survival hypothesis as being the reasonable explanation of the trance state purely through the process of eliminating other explanations. At this point, we must iterate that these conclusions do not provide evidence of a Spirit World, or that mediums are being influenced by discarnate entities. Rather these conclusions clear the way for further investigation into the trance state, free from the alternative explanations used to frequently dismiss this dissociative state.

With the pathway now clear for further research into trance, it is hoped that eventually a fuller understanding of the mechanics of trance mediumship will be discovered. This information could provide the Spiritualist community with insights into better techniques to further develop genuine trance and perhaps shorten the time needed for development.

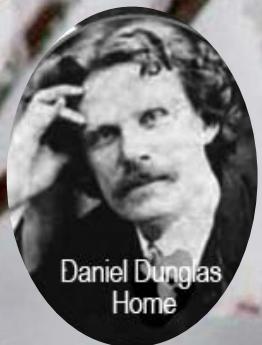
The two experiments presented here have shown it is possible to objectively differentiate the brain activity of an individual in the trance and non-trance state. Could these methods, if used within the churches or development groups, provide an objective indication of when a state indicative of trance has been reached by an individual? Only time will tell, but I am hopeful that with experimentation the hidden secrets of the trance state will soon be uncovered.

Mr. Sludge, “The Medium”

Writer: William Partridge, CM
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Robert Browning



Daniel Dunglas Home



Elizabeth Barrett Browning

As I have written several articles on the influence that Spiritualism has had on literature, and the opposite, it is time to delve into one of the most infamous and influential diatribes on Spiritualism ever written. This honor goes to none other than the poem, “Mr. Sludge, The Medium,” by the Victorian English poet, Robert Browning.

Robert Browning was a master of the style of dramatic monologue poetry. By the age of twelve, he had already written his first book of poetry. After leaving formal schooling, which he hated, he studied at home and learned four other languages by the time he was fourteen. He was an atheist as a response to his parents being staunch evangelicals and members of the Church of England. He lived at home until he was 34 years old, and was dependent on the support of his parents. His father financed the publication of his poems after he refused to pursue the career in music that his parents had wished for.

In 1834, one of his poems came to the attention of the literary giants of the day, including Wordsworth, Dickens, and Tennyson. They took notice of his “boyish efforts” and gradually introduced him to upper Victorian society.

In 1845, he met the poet Elizabeth Barrett, a semi-invalid who lived in her father’s house in London. They corresponded for a year, fell in love, and married. Her father forbade his children to marry and disinherited her for doing so. Elizabeth’s second book of poems gained popular attention to the point where she was considered to become the Poet Laureate of England,

after the passing of Wordsworth.

Elizabeth Barrett Browning was a supporter of Spiritualism and attended one of Daniel Dunglas Home’s séances in 1855 when he first arrived in London. She was enamored of Home and became a fan and supporter of his. Robert Browning’s atheism made him think that Spiritualism was nothing but a fraud, and Home was the worst of the con artists. After the séance, Browning wrote an angry letter to *The Times*, in which he said: “The whole display of hands, Spirit utterances, etc., was a cheat and imposture.” Add to this the extreme jealousy he felt towards Home when Elizabeth fawned over him in letters to her friends. Their arguments over Home lasted until her own passing in 1861. As a side note, Home was never caught engaging in any fraud, and is still to this date the most investigated medium in the world.

Robert Browning had written some epic poems that both critics and the public found bewildering and impossible to understand. As a result, he lost a great deal of his reputation with his readership and it took him over a decade to regain some of his popularity.

Browning wrote a series of poems in 1864 entitled “Dramatis Personae.” Among this collection of poetry is his rather lengthy work, *Mr. Sludge, “The Medium.”* It is 1,525 lines long and goes into great detail while verbally assaulting Home, though never by name. It is assumed that the main character slinging the insults is Browning, himself. Even though that was never spelled out, it was left for the readers to imagine for themselves. The references of Browning and Home date back in the public eye to Browning’s letter to the newspaper. This was not a secret, but Browning was clever enough to avoid a libel suit. Robert Browning hated Home with a passion that can only be described as pathological.

Browning not only attacked Home, but also attacked anyone who believed and accepted Spiritualism, the supernatural, or anything even resembling a religious or spiritual concept. He blamed not only the false medium in his poem, but the rest of the world whom he felt was too gullible to believe in such foolishness.

As Mr. Sludge, “The Medium” unfolds, the protagonist (as Home) is caught in deception and attempts to win over some sympathy by confessing to the tricks of the “psychic” trade and his own personal corruption. And, as he is allowed to continue, he gains his confidence back and begins to defend being a fraud and gives credit to gullible people who wish to be deluded. Browning concludes this with a sweeping attack on the curious who lack common sense.

In today’s use of language, Mr. Sludge, “The Medium” is long and difficult to understand, as it was written 163 years ago. But it is still considered a classic piece of literature and is studied for its unique styling and technique. You will be hard pressed not to find this poem being excluded from any study of literature. Browning’s poetry has a following, even today.

Imagining the Soul



Our physical body is nestled within the enveloping warmth and safety of an energy field. Known as the aura, this magnetic field pulsates. It is alive with intelligent awareness which animates all of our senses. While reading John O'Donohue's book, *Beauty*, I was impressed with his description of the soul. A former Catholic priest who went into seclusion to write and pray, O'Donohue says that the soul is not within the body, but the body lives within the soul, which surrounds us. This opinion suggests that the aura is actually the soul.

For those who have experienced Kirlian photography, you may have seen the aura's varied shadings and hues which demonstrate a wide variety of coloric information about one's physical, emotional and spiritual states. There are people who are highly trained in the interpretation of the tints, density, clarity, shapes—all of the visual clues that Kirlian photography offers. Many of our churches have invited Kirlian photographers for workshops and fundraisers; the photographic results are usually very interesting and provide many learning opportunities. Perhaps we are actually able to see the soul? What a fascinating thought!

Kirlian photography is one way to coax the invisible into visible form and it provides opportunities for deeper reflection. This certainly fits with our Spiritualist beliefs. We can view our energy field in more intimate ways, entering into the invisible grace that is always present when we accept it at our deepest and most fundamental level—the level of the soul.

Our soul and body are not separate while we roam the Earth; they are joined by Infinite Intelligence to transmit information. This union is sacred and purposeful. Many of our contemporary spiritual masters believe that the body rests within the soul. For centuries we have been taught that the soul is housed in the body—so this idea of the soul enveloping the body might be new to some readers. Is the aura as the energy field which pulsates as it surrounds our physical form, actually our soul? It is a thought to ponder.

Think, for just a moment, about yourself as a physical being who needs food, water and air to survive. Where do we find these? We find them as part of nature, as part of the abundance that flourishes on Earth. Infinite Intelligence supplies everything—every single microscopic form of life that is required for our existence. What a gift! As the soul comes to Earth during our physical birth, could it be

Writer: Laura Lee Perkins, MS, CM

possible that the soul actually is the energy field around the body? Is that why our aura is so extremely sensitive, because it is our antennae for receiving information?

As Spiritualists, we practice the daily integration of Nine Spiritualist Principles as the foundation of our religion. I continue to be both amazed and inspired by the enormous foresight of our ancestors who built this religion on this simple, yet fundamentally sound, foundation.

Spiritual healing certainly works with the etheric energy field of the subject. The aura is often described as extending 20 to 30 feet out from an individual, so when the healer moves close to the subject their two auras share the same physical space. Healers trained in energy reception, channeling and transmission wait for this soul-merging to occur before beginning their sacred work. These healers understand the importance of preparation for total receptivity.

Our mediums also use the aura in ways that bring mediumistic information. A sensitive medium often hears, sees and senses information from spiritual beings around an individual. These mediums are described as being clairaudient, clairvoyant and clairsentient. Some mediums use all three skills to deliver messages, while others use just one or two. Messages delivered through our mediums often involve information that is gleaned from the auric field. Our energy fields become attuned to receive.

All deep spiritual work requires being present in mind, body and spirit. All deep spiritual work involves preparation of our intent. Intention is the key that unlocks the golden gate into receiving and sharing. In my soul's quest to build a path into deeper spiritual knowing, light shines into the interior darkness, illuminating my spiritual passion. I envision my soul always responding to the Light of Infinite Intelligence.

To be a true Spiritualist is to be a person of Spirit, one who always trusts in the presence of spiritual beings as helpers and guides who are attracted to us through Love. As a Spiritualist, I have embraced joy as an integral part of my spiritual journey. Joy magnifies trust and diminishes fear. As a Spiritualist, I am grateful for the opportunity to serve.

Let us remember to be grateful for every day we are able to get out of bed and walk across the room. Let us honor Spirit who gives us courage to enter into agreements that require us to grow, to expand in spiritual wisdom and knowledge. Passionate spiritual interests and actions never grow old. Your aura—pulsating, alive and vibrant—guides your soul forward into your future—into the veiled eternity of your continuous existence as a spiritual being. As Spiritualists, we know we never die, we simply change form.

“The World Within”

Reprinted from *The National Spiritualist*, July, 1928

By Chas. H. MacKay

The impersonal attitude of the Spiritualistic Philosophy has always appealed to me very strongly. We are anchored to neither creed nor personality, but seek and accept truth and common sense under whatever dress it may appear. And Spiritualism is scientific as well as impersonal. I heartily accept the declaration of the National Association: “Spiritualism is the science, philosophy and religion of the continuous life, based upon the demonstrated fact of communication, by means of mediumship, with those who live in the Spirit World.” This idea of dealing with scientific principles rather than sentiment, superstition and the “say so” of creed-bound champions of Theology has created a foundation for our beautiful philosophy of the most enduring kind.

The basic and vital aim of life is self-improvement, development of the individuality to the highest point possible while here in the physical body. As we sow today we shall reap tomorrow. There may be endless “tomorrows” on Earth, or the next tomorrow may be “over there.” But the right sort of living here, the following of the highest guidance, the constant desire and effort to bring out the best possible results from the means available—this method must surely lead to the highest lines of service—a state of conscious co-operation with Divine plans.

In this jazz age the craze for pleasure is the slave driver which lashes and confuses and steals innumerable hours which should be used for the nobler purpose of adding “treasure which moth and rust doth not corrupt.” I believe in a reasonable amount of the same pleasure and recreation, most particularly in the line of mental and physical exercise. I am not an enthusiast in those forms of pleasure forced upon the mass-mind, ready-made—“canned,” to use the slang description. All manner of invention is offered in the guise of pleasure at the present time, and most of it is blindly embraced and transformed into time killers. Speed, speed, and then more speed! Anything promising a thrill and asking for slight effort, or not effort at all, will be eagerly embraced by the seekers after new methods of pleasure.

Many years ago I adopted this motto, which has been circulated and endorsed by many advanced thought men and women to whom I have sent my writings in the past. “There is but one victory worth the struggle; there is but one world to conquer—the victory over self, the world within.” With the passing years I find this sentiment growing into perfect agreement and harmony with my conception of the philosophy of Spiritualism. Mastery of the body, the Earth problem given the soul for study and solution—this means finding the straight and narrow path leading safely to full comprehension of an otherwise baffling mystery.

It takes courage and persistence to stand aside and refuse to become identified with the affairs which hypnotize the masses.

Such an attitude does not add to our popularity! But there are rich compensations. True, we become misfits. We find few things to really interest us which practically enslave our contemporaries. Admitting the marvelous inventions such as flying, radio, television, etc., then what? What has it really accomplished toward establishing even a kindergarten grade of civilization? In other words, what has it done for the moral part of man? See daily stories of bombing of hotels—innumerable robberies of the most daring description, accompanied by deeper crime. Any daily paper on any day of the year will furnish record of these events which have become so common that they are handled with the apparent lack of interest accorded ordinary news incidents.

Dependence upon joy rides, movies, radio, etc., means time lost. More attention must be given to *the within*, to systematically study along general lines of permanent self-improvement and unfoldment of the hidden. Self-improvement in the way of mastering a musical instrument may be embraced and lead to healthful expression of the inherent but dormant genius which lies hidden and smothered because of no encouragement to come forth and become a willing servant. Instead of “listening in” continually for programs on the air, listen in for the voice which speaks in the silence. After a few months of such training a new and strange quality of strength will be born, and a new world open, prophetic of the world of Spirit to which we are heirs.

And then will follow undreamed of power of expression—one of the most divine possibilities within reach of man while attending the Earth-life school. However apparently simple and unimportant may appear your capabilities in this direction, you should continually persevere until a place is attained where the soul encourages by sincere commendation. Early attempts to express through either the written or spoken word cannot fail to prove disappointing. But persistent striving, frequent periods of meditation, and the silent desire to become of real service in the environment wherein you find yourself will work miracles in due time. Consider that a line of thought has not been given its just due until it has been brought out, either by the tongue or the pen or both. Also consider that all such attempts may at first seem very crude and useless and devoid of palpable influence for good, yet the very attempt to express such thought is vitally necessary, for the positive expression brings out just that much of preliminary recital to assure clearer channels in which something of more value may move forward and be given birth into your world of light and consciousness.

Bodily strength, increase of muscular capability, poise, uniform and unfailing blessings of a healthful physique and a well-balanced mind—these follow as sure reward of right desire and systematic exercise along physical and mental lines. Intelligent study of athletics will bring new strength to the body. The same quality of study in the mental field will unfold new and strange brain concepts. And there is a spiritual law, which if faithfully obeyed—persistent desire for right expression and daily trying will achieve marvelous results through a new association with your subjective world.

Heightened Awareness

Writer: Audrey Williams
Church of The Spirit, IL

Universal Laws are the building blocks towards a higher consciousness and towards a greater understanding of our physical and spiritual lives. The laws help you expand in love, and gain insight into right choices and actions. This, in turn, improves other areas of your life by bringing more joy, harmony, and balance. There are many Universal Laws, including the Law of Vibration, the Law of Awareness, and the Law of Cause and Effect.

The Law of Vibration states that everything seen and unseen, including your thoughts, feelings, and desires, has a vibration. This is an immutable law, which means it is fixed and operates the same in the physical realm as in the spiritual realm. You have undoubtedly heard the saying, "location, location, location," pertaining to prime real estate. Well, I'm saying, "vibration, vibration, vibration," pertaining to all in both spiritual and physical realities. The highest vibration is love. Use the Law of Vibration towards becoming aware of the subtleties in the vibration or energy of all things.

The Law of Cause and Effect says that for every action there is an opposite and equal reaction or effect. It is a mutable law, which means it can operate slightly differently in the spiritual realm than the physical realm. In the spiritual realm, cause and effect are instant or inseparable. There is no time delay. On the physical plane the connection between cause and effect can be instant, or it can have varying degrees of time and space.

The Law of Awareness is a knowing and a knowledge. It too is a mutable law. To be aware of something is to know that it exists, even when you

cannot see it. The awareness can be something you've grown in knowledge about, or it can be an instant recognition. Knowing that Spirit is always with us is a truth, as well as an awareness. These three laws manifested and warned me of danger on a New Year's Eve, while shopping with a friend at a local drug store.

I didn't sense anything until I had stepped up to the cashier to

pay for my purchases. I felt a subtle feeling, like something in the universe had shifted. Somehow I knew that I was on a different vibration than everyone else. The store was crowded, with customers waiting at all three cashier stalls, and others waiting in line to pay for their purchases—everyone seemed to slow down. Everything felt surreal, and even the air seemed different. My senses were amplified. I then became aware of a heavy-set man standing off to one side. His vibration was totally different than everyone else's. He literally stood out as if neon signs were pointing directly at him saying "DANGER!" I saw him eyeing my purse that dangled by my side. Then he made eye contact with a second guy. Then ever so faintly, he nodded his head affirmative. My eyes bucked open. Both guys were nondescript, but their negative vibrations were in such direct opposition to my own vibration that they were impossible for me to miss.

I paid for my purchases and wished the cashier a Happy New Year. Walking towards the revolving door, from the corner of my eye, I saw my friend start towards me, and immediately the second guy intercepted us and fell in behind me. My mind was in overdrive. What was going to happen when the revolving door deposited me outside? I could simply re-enter the store, but I knew that this action would not deter



these men. They might choose to simply wait me out. Besides, I reasoned, what was I to do once I re-entered the store, tell the cashier that I felt a funny vibe and thought that these two guys were going to snatch my purse?

"God help me," I prayed. Immediately when the revolving door deposited me outside, I turned, facing the guy behind me as he exited, and before he could move, I caught him off guard and said, "Happy New Year!" a little too loudly. I even surprised myself! My friend then stepped through the door, bumping into the guy I'd just spoken to. Then the second guy came out the door. The four of us stood there for a second, and then stepping aside, I grabbed my friend's arm and we quickly walked away. The two guys walked in the opposite direction, turned the corner, and went out of sight. Only then, was I able to share with my friend the news about what had just happened.

That night, I had been viewed as an easy target. But, Spirit used this opportunity to demonstrate that there is more to life than just the physical reality. I experienced first-hand the differences in the vibrational energy of people. I witnessed how a single decision can change our life's course. Thank you Spirit, for your light and love.



media watch

by The Revs. Tom & Lisa Butler, NST

Death, In Fact, Is Not the End All

Here are some interesting perspectives from studies done on near-death experiences. In one study, researchers asked 344 patients who survived cardiac arrest, to describe their experiences during the week after intensive care. Out of all people surveyed



18% could barely remember the experience, and 8-12% cited a classic example of near-death experiences. This means that from 28 to 41 people who are not related to each other, from different hospitals, recalled almost the same experience.

Dutch researcher Pim van Lommel studied the memories of survivors of clinical death. According to the results, many people have lost their fear of death, become happier, more positive and more sociable. Almost everyone was talking about clinical death, as a positive experience which further affects their life over time.

According to Professor Robert Lanza all possibilities in the Universe happen simultaneously. But when the observer decides to look at all these possibilities they are reduced to one. Thus, time, space, matter, and everything else exists only through our perception. If so, then things like "death" cease to be an irrefutable fact and are only part of the perception. In fact, although it may seem that we die in this Universe, according to the theory [by] Lanza, our life becomes "an eternal flower that flourishes once again in the multiverse."

Extracted from: By Paradox, "The existence of life after death: new evidence scientists." The Mice Times of Asia. 2017. micetimes.asia/the-existence-of-life-after-death-new-evidence-scientists-photo/

Another Reason to Study NDE

Near-death experience is associated with death or impending death. There are valid accounts of individuals around the world who died and came back to life. The current research on this phenomenon is mainly focused on giving opportunity for people who had near-death experience to share their experience. However, there is the need for a shift in the objectives associated with research into near-death experiences.



On February 2, 2006 Anita Moojami, who had been diagnosed with non-Hodgkin's lymphoma in 2002, went into coma. After 30 hours of being in coma she came back to consciousness and her cancer disappeared and all organs that were damaged were fully restored without any clinical explanation.

In the various cases of people who died from different types of diseases and yet came back to life healed, one interesting observational conclusion can be made, and that conclusion is that irrespective of the type of disease that killed the person, healing was non-discriminatory as far as the type of disease concerned. There is the possibility of a divine explanation ascribed to this phenomenon but some level of effort still needs to be made. Substantive data and study need to be collected on near-death experiences in order to exponentially facilitate our quest to discover the key to curing all disease.

Extracted from: "Back from the dead - Discovering a universal cure to all diseases." GhanaWeb. 2017. ghanaweb.com/GhanaHomePage/health/Back-from-the-dead-Discovering-a-universal-cure-to-all-diseases-553075

Near Death Experiences Festival

When it comes to religion, believers often engage in activities that may sometimes appear downright bizarre to the casual onlooker. In fact, such is the nature of faith that it can go to the extent of voluntarily placing yourself in a coffin as a way to express gratitude. The pilgrimage of Santa Marta de Ribarteme or Near-Death Experiences Festival is held every year on 29 June, in As Neves in the province of Pontevedra, Spain.



During the celebration, devotees lay in open coffins as they are paraded down the street. This unusual funeral procession is held as a form of gratitude to Saint Marta, the patron saint of Resurrection. Those who volunteer to lay in the coffins do so because they have had a recent brush with death—a near-death experience or a cure from an illness. As part of the tradition, the coffins are carried by the family members of the deceased. Thousands of people from Spain and Portugal gather to watch the ceremony each year, which is believed to date back to the 17th century.

From: Khan, Hera. "Living Dead? Glimpses of Spain's Annual Coffin Festival." The Quint. 2017. thequint.com/news-videos/2017/07/31/living-dead-the-pilgrims-in-spain-go-for-mock-funeral-parade.

"Why Skeptics Will Never Accept the Existence of Psi"

is a thoughtful essay by guest author, Matt Rouge on Michael Prescott's blog. Rouge's thesis is that "Skeptics will never be compelled to accept the existence of psi because laboratory

research involves difficult statistics that can be argued about *ad infinitum*, and exceptional individual cases of psi can be dismissed as 'anecdotes' one by one." Rouge ends with:

Based on my reading of psi laboratory research and exceptional cases of psi, as well as my own experience, I am 100% certain that psi is real and materialism is completely disproved and an obsolete worldview. Skeptics, however, will never be convinced. If I am correct, that puts the unstoppable force of the truth of psi against the immovable object of the Skeptics' belief system. What will be the end result of such an interaction?

Rouge concludes that the problem is not likely to be solved until someone finds a way to make money "in the form of a process, product or service that consistently works and that people want."

From: Rouge, Matt. "Why Skeptics Will Never Accept the Existence of Psi." Michael Prescott's Blog. 2017. michaelprescott.typepad.com/michael_prescotts_blog/2017/06/guest-post-why-skeptics-will-never-accept-the-existence-of-psi.html.

Empath's Survival Guide

Estimates show that 15-20% of the Earth's population falls under the category of highly sensitive while another 2-3% are empathic. As Spiritualist's we are more likely to be not only sensitive but also caught up in helping others. It is easy for us to get caught up in the needs of others and forget about our own needs. As an empath it can also be difficult to understand what we are feeling; are we feeling our own feelings or those of someone else? *The Complete Survival Guide for Those Who Feel Too Much* gives some good pointers on how to protect ourselves from becoming overwhelmed by feeling too much.

Based on: by Imelda. "The Complete Survival Guide for Those Who Feel Too Much." Trusted Psychic Mediums. 2017. trustedpsychicmediums.com/guides/empath-survival-guide.

Beyond Surviving: Cancer and Your Spiritual Journey

From the book: *David Maginley has been there—four times.* His cancer led to a near-death experience and a career helping thousands face this disease. Through profound storytelling, David brings you to the core of the cancer journey to discover the hero within. In *Beyond Surviving*, you will learn how to:

- Turn the mind into an ally as you grapple with uncertainty.
- Improve your spiritual health through love, rather than belief.
- Equip yourself to not only go through cancer, but grow through cancer.

Imagine becoming a warrior of compassion who uses cancer to forge meaning in suffering, heal the heart and amplify life.

Beyond Surviving guides you to use the crisis for conscious creation of something even greater than survival.

From the Herald interview: "It's important because the hardest moments of our lives are also the ones that contain the greatest potential for transformation and growth," Maginley says. "I'm always saying to patients, don't waste the crisis. Don't just get through cancer and put it behind you. Use it to go deeper and repair the broken parts of life." ... "We always start with, 'Why me? Why did I get cancer?' said Maginley. "But a better question is, 'How can I deal with this and grow from it?' I hope I can help answer that."

From: The Amazon "Coping with cancer—spiritually." The Chronicle Herald Lifestyles. 2017. http://thechronicleherald.ca/artslife/1473340-coping-with-cancer-%E2%80%99spiritually

Making Vigils at Home Possible

Victoria Spence and her two assistants are not your typical funeral directors. They offer a highly personalized end of life service that goes far beyond what's usually available these days for the terminally ill or their grieving relatives. A central part of their service is helping families keep their relative's body at home for a vigil, which can last up to five days. Some may find the idea of a corpse kept in the house ghastly, but the Life Rites team say it allows people to honor dead loved ones, and say goodbye. "We're in a time now where people are undoubtedly reclaiming death as a part of life," Victoria told news.com.au as she showed off her portable cooling beds at her home in Sydney's inner west. Hers is one of a handful of organizations now spearheading the movement in Australia. The team uses cooling metal plates that slip under the bed sheet and keep a body between zero and 5C. They deliver the bed to a family's home, walk through the preparation and care of the body and help oversee the vigil as needed.



From: Reynolds, Emma. "Australia's angels of death: The women changing how we enter the afterlife." News .com Australia. 2017. news.com.au/lifestyle/real-life/news-life/australias-angels-of-death-the-women-changing-how-we-enter-the-afterlife/news-story/6b604035ffb821adf7c0c36683c02c59

Tom and Lisa Butler are interested in your personal experiences with after-death communication. Please send your experiences to: Tom-Lisa@atransc.org.

The Law Of Dissonance



Writer: Terrie Dow
Spiritualist Church of Awareness, FL

Natural Law as the governing body of our universe. It is equal for all, and changes for no one. When understood and applied, Natural Law brings peace and harmony in our life, and provides guidelines for comprehending both our inner and outer worlds.

There are hundreds of Natural Laws, and likely more to be discovered. It would be challenging to place in order of importance any of the Natural Laws because each carries equal weight and importance. For now, I am going to highlight the Law of Dissonance. This Law tells us that inconsistency among our thoughts, values, and our actions, will always bring internal conflict. Conflict and stress seem to go hand in hand. Some conflict and some stress are good for us. Other stress is not so good as stress can impact our health mentally, and physically. It can take us to a place where the “sun don’t shine.”

If we want to feel grounded, not worry as much, and have more fun. It’s simple—we need to be consistent in our thoughts and actions. Act according to our beliefs. There’s no such thing as a perfect life, and I’m not saying that life won’t throw a few “monkey wrenches” in our plans, but let’s just say being grounded takes the edge off everything. It puts us in a place of clear thinking and better judgement.

Inconsistency in one’s own actions brings repeated frustration. It’s like a gerbil running on its wheel going around and getting nowhere fast. It takes self-discipline as well as the desire to make changes to improve the quality of our lives. No one is immune from the Law of Dissonance. It’s Natural Law. However, wouldn’t it be great to be able to recognize this law in motion? When we understand why we feel stressed or even just “off,” we can take steps to bring ourselves back into harmony.

Here’s a basic example of the Law of Dissonance in action. We have a new

goal to eat healthy and exercise daily. However, we also like pizza and cookies. And, we like to sit on our backsides binging while watching Netflix. Therefore, our desire to achieve optimal health while engaging in unhealthy habits will not bring us the desired results. This creates mental or emotional dissonance within us. It’s an inner feeling of discomfort. Some call it shame or weakness, others call it the gift of guilt which keeps on giving.

Having worked as a personal trainer for 15 years, I can tell you with most certainty it is not complicated to eat healthy and exercise daily. What is challenging however, is syncing our actions with our beliefs. Let’s try this again. If we eat healthy and exercise daily, we feel awesome! Why? Because not only are we treating our physical body with respect, our actions are in line with our beliefs, and our body and mind are in sync. Isn’t this how we would rather feel all the time?

Robert Collier said, “One might as well try to ride two horses moving in different directions as to try to maintain in equal force two opposing or contradictory sets of desires.” So long as our desires, and our actions conflict, we will never achieve our goals. This goes for anything in life, and as a Natural Law it applies everywhere and to everyone.

The Law of Dissonance frequently comes up in finance. We have solid beliefs and values about money. A common one for all of us is saving. Many of us believe we should save for an emergency fund, our children’s education, a new home, a vacation in Fiji, or our retirement. But often we act in dissonance with those beliefs and make our purchases based on wants over needs. In consumerism, this is known as “buyer’s remorse.” If we held steadfast in our belief that our

Spiritualism and Natural Laws were instilled in me as a very young child in my family. While growing up we referred to these laws as “life lessons.” Not the kind of lessons you learn the hard way, and after-the-fact, no. These are the kind of lessons you learn preemptively to handle the ups and downs that come with living a beautiful life. It’s like lifting a veil and seeing the world as it really is, and not how you might expect it to be. It’s great if we learn these lessons young. However, it’s not too late to learn them now.

Aristotle believed in Natural Law, defined as a “higher” or “common” law that is according to Nature, and applies everywhere, to everyone. Some people define Natural Law as a moral or ethical code of conduct, yet Spiritualists define



HEALING THOUGHTS



money is allocated for other priorities, we wouldn't experience buyer's remorse. We may feel a brief disappointment. But long term, isn't it enlightening to understand that when our beliefs and desires conflict with our behaviors we will experience disruption in our personal ecology? Knowledge is power.

Our intuition tells us when we are experiencing dissonance, yet we don't always pay attention. It seems easier to rationalize our behavior by finding excuses for why the inconsistency is okay with us. And this becomes the story we tell ourselves. Once we get away with it on a superficial level, we then tell this same story to others hoping they will buy into it. Who are we kidding? These excuses disempower us and disrupt our inner peace. Think of a situation in your life right now that is unsettling. Do you make excuses, or do you make the effort to bring yourself into balance? It is easier said than done when emotions are involved. I understand. Yet, I know that acting with integrity and self-respect is a worthy mission. Your Spirit will thank you and so will others.

Let's be the people whose beliefs, words, and deeds are consistent. By doing this repeatedly, we will have a growing chance of reaching inner harmony and balance, which makes me think of the Law of Balance. The Reverend Marilyn Awtry's book entitled *River of Life* states that "Balance is the foundation of the universe. To operate effectively, all energy must always remain in a constant state of balance..." She goes on... "It is extremely important that you maintain balance in your daily life." To me, this includes clear thinking and self-mastery. The Law of Dissonance really is self-mastery.

When we understand how Natural Law affects our lives, our perceptions about the challenges we face can change. We come to learn the depths of personal responsibility in action, word, and deed. We find ways to best manage our lives for our best and highest good physically, mentally, and spiritually. When we are good to ourselves, we are naturally and easily good to others.

Nov/Dec 2017

You've heard "listen for the whisper or wait for the 2 x 4," right? I say it all the time. I believe it. The universe gives us chance after chance to pay attention to the gentle urgings and messages telling us that we need to see something more clearly, move towards something new in our lives, or distance ourselves from something harmful.

Rev. Lynn Streeter
Memorial Spiritualist Church, VA

Our lives are full of soft whispers, sent to us from family, friends, angels and guides who are all able to see the big picture and who have our very best interests in their hearts. But do we always listen? I know I don't. As these tender messages reach us, we are meant to open our eyes and focus us on something important, but how many of us just keep on heading in the same direction, totally ignoring what has been lovingly given to us?

Oh, I hear them, I recognize them, and sometimes I even know they're right. But I don't often stop and absorb the messages in time to incorporate them and plan new action. Life simply bustles by, and I fail to use the information wisely. I assume I can go back to it when there's time.

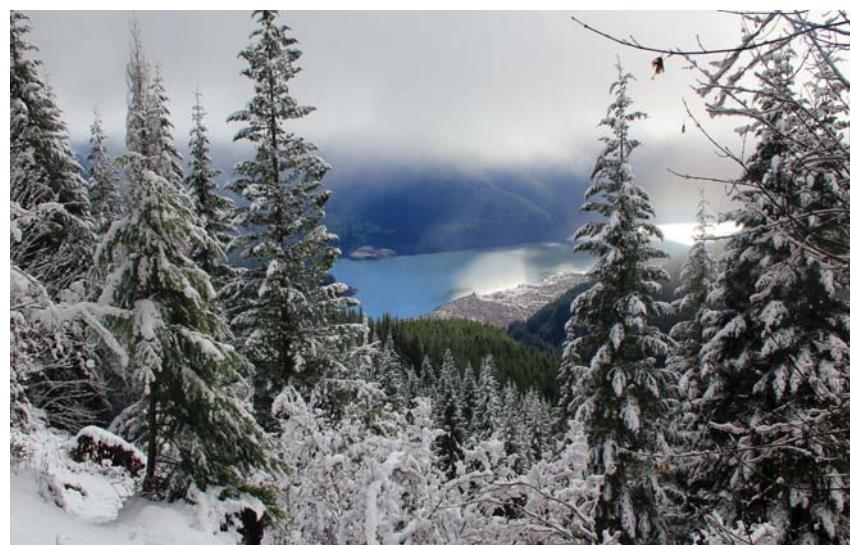
After enough soft urgings, it's time to keep your eyes open for that 2x4, because it's coming! The universe will only let you go so long before you *really* need to pay attention. Be it days or years, the time will come when you'll be doing yourself too much harm to travel much further, oblivious to what is right in front of your face. The situation then becomes immediate. It can no longer be ignored. You have heard your last whisper and the crack of that 2x4 resounds loudly as you now have to scramble to alter your thoughts, feelings, or actions and correct something that has gotten way out of hand.

Don't waste time regretting the past. Feeling guilty for not changing what needs to be changed much earlier is counterproductive. That time is gone. You have something now that needs your full attention. Feeling afraid is also a waste. Very little of what happens is irrevocable. Given the right amount of thought, listening to what you have been hearing for along time, and opening yourself to the encouragement and direction of those who can already see the bigger picture will give you the information you need to create a plan of action.

Don't forget to thank those that help you focus. Listen well now. What is it that needs to be altered? How might you go about making those changes? Can you do it alone? If you need help, then from whom? How will you know when you have been successful? Begin to work on what you need to do, and call to you any resources you have. Your guides have not been sending you messages in a vacuum. They know. They can help. They want to help and encourage you. Let them.

Your intention to change is a key point along your road. Your actions, your courage, determination, and gratitude are also necessary. Know you can change, evolve, and remedy any possible circumstance in your life, including the past. Do all your work, restore and heal your life in love. Always create, develop, and heal in love. The information is given to you wrapped in love and concern for your well being. Enclose it in that much more love and light and you will hasten your healing.

Release any negative feelings and open your heart to the good that you are creating, then watch the healing unfold. You deserve it. Accept it. When you have learned all you can from that situation and have healed it, and moved beyond it, don't forget to look back every now and then and see if there's someone else you know struggling with the very same thing. You have become an invaluable resource and can help others. Share your experience.



Essay — MPI Lesson 18

Bobby Kitsios
Albertson Memorial Church, CT

Self-knowledge obtained through meditation improves an individual by helping him or her to recognize the existence of the divine spark of human potential somewhere within us. It may be viewed as inner awareness or knowledge of our oneness with all of creation. This improvement to the individual is the reacquaintance with the indwelling divinity we have lost sight of in modern times. It shows that the path of reaching total attainment of our total human potential is through discipline, insight and principles of meditation. The process is never ending and the person who meditates realizes that the task is never quite finished. Meditation also offers us efficiency and greater serenity. Those who meditate regularly tend to be very efficient at any task they set. They also enjoy serenity and a joy of living. An inner grace is felt strongly within and its reflection seen from without. Meditation brings us great values emotionally as well as intellectually, and serves as a guide and tool to truly know the self on every level.

Throughout history and around the world, meditation has been practiced. There are many types of meditations and many methods to connect with the self. Meditation is a benefit to our physical and spiritual self. Meditation endows us with spiritual growth and awareness. It produces a deep state of relaxation for the physical body where tension seems to dissolve and so too stress is reduced. Heart rate decreases and respiration slows down. Studies on metabolic rate and blood lactate levels after meditation indicate that meditation lowers anxiety which expresses through physical tension. One also feels a renewed strength and increased energy. It also seems to awaken the creative force dormant within us all. Meditation can also affect attitudes, in that they seem to change for the better. Continued, deepening meditation benefits the intellect by sharpening it and becoming open to new ideas; it becomes more creative, balanced and less rigid in its outlook. We learn to slowly allow our attitudes and thoughts to become nobler and truer to the authentic spirituality. We begin to treat others in the way we would like to be treated. Due to the transformation of our emotions and attitudes, our actions change and we become better than before.

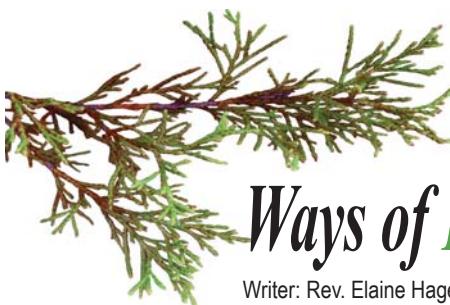
To mediums and psychics it is the still mind obtained through meditation that allows our connection to form. This stillness connects us to our own soul which knows all and can reach out and touch our sitter's soul offering the information they truly need. Our soul can also touch the discarnate Spirit World and bring the memories and messages of Spirit forth, allowing them to be felt and heard. To me, meditation in whatever form that resonates with the individual is a benefit not only to him/her, to the soul expression (here and hereafter) and to the world. It promotes peace and understanding which are in need in today's world.

Thinking is the soul talking to itself," said the ancient Greek philosopher, Plato. Meditation, to me is the quieting of the rational mind, in order to hear the soul talking. In that we experience our divine spark and can truly grow into spiritual beings living on this earth plane. Plato continues, "The noblest of all studies is the study of what man is and of what life he should live."

When individuals take the time to go within and listen to their soul and their connection to Infinite Intelligence, they will, as inscribed at the temple of Delphi, "Know thyself!" Our life's work (and struggle in these modern times of fast living) is the discovery of self and the exploration of our true inner reality. With the knowledge of self we begin to bridge the gap between the mind connected to the physical body and spirit. Knowing yourself, liking yourself and applying yourself are aspects of self-knowledge that would change the world. Liking yourself honors the healthy relationship with body, mind and soul. If everyone took the time without doctrine or creed to find this out for themselves, there would be a much happier human race.

Knowing yourself encompasses the three parts of your being—body, mind and soul. Physical awareness means you know your capabilities, are aware of your limitations and push to recognize your potential. This awareness helps you be the best you can be and do the best that you can do. Mental awareness honors the mind, which is often considered the "window to the soul." Therefore, mental and spiritual awareness complete each other. The mind acquires knowledge that must be recognized and used. Our innate abilities and talents, when applied, create real self-worth, competency and well-being. When we share these innate abilities, we share who we are and express our soul's purpose.

This self-awareness and realization can be achieved through a tool called meditation. Meditation is "deliberately, through freedom of choice, looking within to find what one is really all about." Meditation is also the "intentional direction of attention to the clear aspect of one's inner nature." Meditation is *not* an escape from physical reality. We live on a physical plane and must live responsibly. Meditation is a way to do that better—happier.



Ways of Looking at Life

Writer: Rev. Elaine Hager, NST; NSAC Executive Church

There are very different ways to look at living your life. The first way is what I call the "dense way" and I believe it's the most common way that most people look at their lives. Individuals living the dense way of life wake up in the morning and begin the process of being driven by whatever comes before them. They climb out of bed and fall into their routine. They wash their face, brush their teeth, then off they go to meet the day thinking they don't have any choices in life. How many times have you heard or possibly said to yourself, "I have to do this or that, I have no choice."

With this attitude, life is just something that *happens to you* and you're swept along in the tide of living never giving much thought to the possibility that you are really in control. Some of us believe that there's some great force driving us or leading us along this path we live, and that puts things out of our control. If we're unhappy it's because something outside of ourselves made it so. The guy that cut you off at the traffic light made you angry. Your boss made you frustrated. We tend to point fingers outside of ourselves to blame circumstances for our state of being. That's living in the "dense" state of life. People who live in this state of being are not wrong or bad people. They simply don't conceive of any other way of living. Perhaps they attend a church or other chosen house of worship and have developed a faith that someday they will be rewarded with a better way of life for being the best good citizen, father, mother, or friend that they could be. For them, they may think that they have done the best they could, or perhaps they believe that we are all simply a part of an evolutionary process of life and that when we die we're done. "Dust to dust."

The second way of life: "Children of the Universe"

We have a sense of something more so we begin our quest to find it. We look to astrology, crystal balls, gem stones, the Ouija board, palmistry and the so many other pseudo sciences for the one great answer that always seems to elude us. Our thinking becomes a chaotic scramble. Master of none, student of all. A child of the universe stands upon a foundation of sand that shifts with every tide. The pseudo sciences are not science at all. The term is an oxymoron. Science is factual, proven to the extent of our ability to recreate a circumstance repeatedly. There is no solid foundation—therefore the thinkers of this type of living travel

through life lost and confused. Life is driven by the Laws of God that we, as Spiritualists call Natural Laws. The Laws of God are unfaltering, always organized, never chaotic. Therefore, those children of the universe, steadfastly claiming their stand in life, not willing to commit to any existent religion or Godly belief system because they claim to be free thinkers, live in a world of chaos. They work to fit life into their rationale.

Spiritualism, a way of life.

Spiritualism offers us the very best of all ways of living. Spiritualism is not only a religion, it's a science and a philosophy as well. Spiritualism bases its tenets on scientific factual information. There are those who have come to this study we call Spiritualism, not as a religion, but rather a hypothesis or theory to be investigated. And they're finding that mediumship and the ability to communicate with those in the afterlife can indeed be scientifically proven.

Spiritualism has researched and studied the great thinkers of history and found that there are certain common threads that substantiate our modern day philosophy of right living and thinking. The Golden Rule is one of those common threads and is what we as Spiritualists call the Law of Cause and Effect. To every action there is an equal and opposite reaction. As you sow, so shall you reap.

As a religion, Spiritualism supports the existence of an intelligence that can be observed in all of Nature. There's order to the universe that cannot be denied. This order is defined by some as "God" and to Spiritualists as "Infinite Intelligence"—an orderly energy that flows throughout all of life.

With an understanding of Spiritualism, we soon learn the importance of a balanced lifestyle. We are in a physical world and must adhere to the Natural Laws governing this world to be healthy and able to function in our greatest capacity.

As creative thinkers, we must guard against our own rationalizations and suppositions. If we don't have an answer, we tend to make one up that may simply be figments of our own imaginations. Keep it simple. Stick to the facts.

We can have hope. Every time you observe someone that seems to be achieving what you aspire, hope becomes proof positive that you too may achieve great things.

We can have faith: faith upon a rock-solid foundation thanks to those who have gone before us, and now come to us from the Spirit side of life, to help us understand the ways of best living.

With an understanding of Spiritualism comes the balance of living in a physical or dense world, and being able to balance and discern fact from theory while standing firmly upon our conviction of the Infinite Intelligence that gives our world order.



Pyramids & Spirit

Writer: Marden Pride
1st Spiritualist Church of Brockton, RI

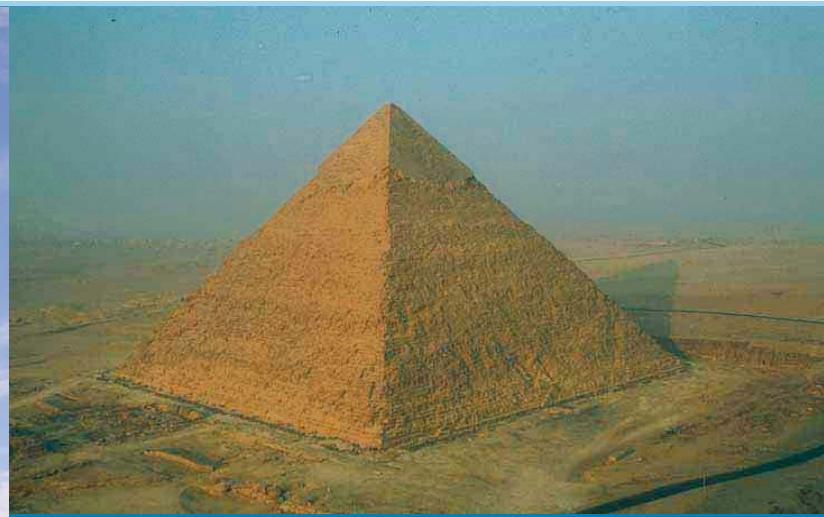
As I look around the world and see more and more pyramid discoveries of all sizes, above ground, below ground, and underwater, I wonder what their purpose was and if it could be something other than just a tomb, a monument of leadership power, or used only for ceremonies.

There are many intriguing facts about the Great Pyramid of Giza, for example. We find the same frequencies of resonance in many of the chambers inside, and corridors allow certain oscillations to occur. Many of these vibrations are in alignment with our brain frequencies. One kind of stone used in its internal construction contains quartz, with the outer casing stones having electrical insulation properties. Spiraling energy seems to be a part of its structural purpose, similar to the spinning of the chakra energies in humans.

The great pyramids were often built over aquifers or energy lines of the Earth. Well-known pyramids circle the globe in a straight line. When the Great Pyramid of Giza was fully assembled and was in use, the land around it was not sandy, but lush and fertile for miles. At the time, the Nile river ran right past it.

We know through past experiences that ectoplasm, now called plasma, is used by Spirit for manifestation. This action takes energy to do. Does Spirit use the life force energy to do it? Must it be gathered first? If so, how is it done, and where does it come from?

Many names have been used to identify this energy, including; chi, life force, prana, orgon, negative ions, ki, tachyon energy, universal life power, love, scalar waves, torsion waves, and more.



The four-equal-sided pyramid is one of the sacred shapes of geometry and was the one chosen for the great pyramids. One of the pyramids in Bosnia is called the "Pyramid of the Sun," and is said by some scientists to be emitting a very-low-frequency signal. People who have entered the tunnels beneath pyramids often report that they are feeling better than before they entered, and sometimes their ailments have been alleviated.

So, if life force energy is under, inside, and around pyramids, then why is not Spirit there also? I believe Spirit can and does use this gathered energy to help, guide, and heal people.

Dr. Wilhelm Reich discovered this life force energy and named it "orgone." Reich built a chamber called an "accumulator" intended to collect this energy. People were able to sit within the accumulator and receive needed healing. Reich reported that he was getting positive results towards curing cancer.

I have constructed my own all-copper 6.5 foot tall tubular frame pyramid. Myself and other Spiritualists have had many positive and moving experiences while inside this pyramid. Spirit has come to help us while using this pyramid for healing, both when it was inside a building, and also when it was out on the lawn, during day or night. We regularly use it outside during the full moon for enhanced effects. The group "sit-in's" that we hold using the pyramid continue to yield strong, positive, lasting effects. Sitters are asked to write something about the experience they had within the pyramid. Each of their descriptions is unique, and it appears that each person is provided with what they needed or asked for; therefore I continue to believe Spirit is using the pyramid to help us and heal us.

If the opportunity occurs to sit in a pyramid, try it. Have a positive intent, relax, and meditate while allowing your wonderful band of Spirit Guides to be with you!



Reprogramming Our Biological Capacity to Connect with Others

Can you remember the last time you were in a public space and *didn't* notice that half the people around you were bent over a digital screen, thumbing a connection to somewhere else? Most of us are well aware of the convenience that instant electronic access provides. Less has been said about the costs. Research suggests that one measurable toll may be on our biological capacity to connect with other people.

The truth is, our ingrained habits can and do change us physically. Neurons in our brains that fire together, wire together, scientists like to say, reflecting the increasing evidence that our experiences leave imprints on our neural pathways. It is a phenomenon called "neuroplasticity." Any habit we have molds the very structure of our brain in ways that strengthen our proclivity for that habit.

The word "plasticity" refers to something's propensity to be shaped by experience, and this applies to the brain as well as the rest of your body. Of course you already know that if you lead a sedentary life, your body's muscles will atrophy and your physical strength will diminish. What you may not realize yet is that the habits you have regarding social connection and interaction also leave their own physical imprint on you.

What percentage of your time do you typically spend with others? And when you do, how connected and attuned to them do you feel? Your answers to these simple questions may reveal much about your biological capacity to connect.

As Spiritualists, you might find it interesting to know that people who meditate not only feel generally more upbeat and socially connected than those who do not, but they have also altered a key part of their cardiovascular system called "vagal tone." Vagal tone is an internal biological process referring to the activity of the vagus nerve. Scientists used to think vagal tone was largely a stable nerve, but new data show that our vagal tone has plasticity too, and is altered by our social habits.

Here's a quick anatomy lesson. Your brain is tied to your heart by your vagus nerve. The longest of cranial nerves, the vagus nerve is so named because it "wanders" like a vagabond, sending out fibers from your brainstem to your visceral organs. It is literally the captain of your inner nerve center—your parasympathetic nervous system, to be specific. And like a good captain, it does a great job of overseeing a vast range of crucial functions, communicating nerve impulses to every organ in your body. Subtle variations in your heart rate reveal the strength of this brain-heart connection, and provide an index of your vagal tone.

By and large, the higher your vagal tone the better. It means your body is better able to regulate the internal systems that keep you healthy, like your cardiovascular, glucose and immune responses. Every time you breath in, your heart beats faster in order to speed the flow of oxygenated blood around your body. Breathe out and your heart rate slows. This variability is one of the many things regulated by the vagus nerve, which is active when you breathe out but suppressed when you breathe in. So, the bigger your difference in heart rate when breathing in and out, the higher your vagal tone is.

Behavioral neuroscientists have shown that vagal tone is central to things like facial expressivity and the ability to tune into the frequency of the human voice. The vagal circuit is linked to the expression and regulation of emotion; therefore, by increasing people's vagal tone, we increase their capacity for connection, friendship and empathy. Simply put, people can become asocial if the vagus nerve is impaired or in disarray.

What we need to realize is that the more attuned to others we become, the healthier we become, and vice versa. This mutual influence

explains how a lack of positive social contact diminishes people. Your heart's capacity for friendship also obeys the biological law of "use it or lose it." If you don't regularly exercise your ability to connect face to face, you'll eventually find yourself lacking some of the basic biological capacity to do so.

The human body—and thereby our human potential—is far more plastic or amenable to change than most realize. Our personal histories of social connection or loneliness, for instance, alter how our genes are expressed within the cells of our immune system. New parents may need to worry less about genetic testing and more about how their own actions—like paying more attention to their phone than their child—leave life-limiting fingerprints on the gene expression of both child and parent.

When we share a smile or laugh with someone face to face, a discernible synchrony emerges between us, as our gestures and biochemistries, even our respective neural firings, come to mirror each other. It's micro-moments like these, in which a wave of good feeling rolls through two brains and bodies at once, that build our capacity to empathize with others and improve our health. If you don't regularly exercise this capacity, it withers. Lucky for us, connecting with others does good and feels good, and opportunities to do so abound.

So, the next time you see friends spending too much of their day facing a screen, extend a hand and invite them back to the world of real social encounters. You'll not only build up their health and empathic skills, but yours as well. Friends don't let friends lose their capacity for humanity!

- Anne Thomas

We Believe in Infinite Intelligence

Writer: Carol Caesar
Center For Spiritual Enlightenment, VA

We read Spiritualism's Declarations of Principles every Sunday—but let's think a bit more in depth about the first one. "We believe in Infinite Intelligence." What do we mean by that principle? How did our understanding come about, and how does it differ from other concepts of a higher power?

This principle was the first of the original six Principles adopted when Spiritualism was in the early stages of organizing as a religion at the National Convention in Chicago in 1899 under the name *National Spiritualist Association*. I am sure since the original Spiritualists primarily were raised Christian, the idea of the first principle was not hard to come by at the convention. The published interpretation of this principle is thus: "By this we express our belief in a Supreme Impersonal Power everywhere present, manifesting as life through all forms of organized matter called by some, God, by others, Spirit, and by Spiritualists, Infinite Intelligence. Though this power is impersonal, our understanding can only be gained by our personal perception of this creative force."

I've been repeating this principle for 46 years and haven't given it that much thought until now. But with many of life's challenges, we understand as Spiritualists that we must strive to be in constant harmony with Infinite Intelligence.

In our Children's Lyceum, they repeat a simplified version of our Principles. They simply say, "We believe in God." You might also hear Spiritualists refer to Infinite Intelligence as "Spirit." Some say that Infinite Intelligence is best understood as Light, Love and Law. There are so many ways to describe our understanding of the higher power. This is because as Spiritualists we realized that our limited vocabulary and understanding really couldn't put an adequate label on God. And the word "God" was steeped in the Christian understanding of God—an anthropomorphic God. Spiritualists needed to clarify their understanding of the higher power as it had been received in teachings from the spiritual realm. The definition of a Spiritualist is "A Spiritualist is one who believes, as the basis of his or her religion, in the communication between this and the Spirit World by means of mediumship, and who endeavors to mold his or her character and conduct in accordance with the highest teachings derived from such communion."

Let's talk for a moment about what they mean when they say "Him" or "His love" or "Lord." I think they presume that God looks like the image of man. As Spiritualists, we might think of God simply as a bright intelligent light, or the action of Natural Law or of Love. Infinite Intelligence is a supporting creative force. God isn't a man holding our hand. We know we have the capability to express the Divine will through how we live our lives because we are all Divine. We don't see Jesus as being God. We think of Jesus as a loving brother, teacher and healer. He is an example of what we can each do on Earth. Spiritualists believe that Jesus was a child of God just as we are all children of God. We believe that we are each a part of Infinite Intelligence and our birthright is the energizing action of Spirit in our lives.

For another comparison in our concept of God, consider Hinduism, a religion widely practiced in India. People often think that they worship several gods. For instance, they have a "trinity" of Brahma, Vishnu and Shiva or Shakti. Brahma is the Creator God. Vishnu is the preserver and protector whenever the world is threatened by evil, chaos or destructive forces, and is depicted as having four arms. Shiva is the destroyer of evil and transformer of the universe.

There is a feminine side to Shiva called Shakti which is the primordial cosmic energy.

During early Spirit communications which strove to educate seekers about the Spirit World and their relationship to it and to God, a higher understanding was relayed and we came to call God, “Infinite Intelligence.” These original higher teachings brought forth from Spirit explained that we and our deceased loved ones all have a Spirit body that lives on after the physical change called death. We were told that we have Infinite Intelligence within us and that we are all brothers and sisters connected by our spiritual, higher side.

We came to understand that Infinite Intelligence is expressed in all of Nature—both in the physical and spiritual realms—that everything is an expression of Infinite Intelligence. Plants and animals, rocks and rivers—all of what we can see, hear, sense, smell, touch and experience on the physical as well as in the spiritual realm—is an expression of Infinite Intelligence.

Our understanding of God is not like the Christian understanding of God. In Christian Theology man is separate from God and is trying to redeem himself in order to reunite with God. Mankind is expected to “believe in Christ” in order to be accepted into the arms of God. Spiritualists view God or Infinite Intelligence as being everywhere. We are not separate from this higher power, we are a part of it. We don’t have to do anything to be united with Infinite Intelligence...we are already united in Spirit now and forever more.

As a child, the interpretation of Infinite Intelligence as a “Supreme Impersonal Power” bothered me. It was that word “impersonal” that seemed so very cold. My Christian friends had their idea of God “holding their hand and wrapping his arms around them,” and their God just seemed like the kind of “guy” you’d want to have on your side. But their God took sides and kept score. Our Infinite Intelligence didn’t take sides. Everything is governed by an unchanging set of Natural Laws so no begging or bargaining could be done to win favor. Two plus two always equaled four, and there was no way around it. The Law of Cause and Effect was immutable, and was impersonal. Laws didn’t take sides. I think as an adult that understanding is actually more liberating as we know our success in life depends on our own personal understanding and application of the Natural Laws in our lives.

When we are accurately describing God, we don’t use words like many of the old Christian hymns use. We don’t say “Lord” or “Him” or “Father” as these are references to an older understanding of God. We still sing some of the older hymns because the sentiments are very positive.

People often have the misconception that Spiritualists worship our deceased loved ones. We do not. And so the question comes, “How do our loved ones and our Spirit guides fit into our understanding and relationship with God?” Spiritualism is the religion of eternal life, not via faith in the afterlife, but through proof we receive that our loved ones continue to exist and have the same love for us in the Spirit World as they had on Earth. Our

message services provide our mediums the opportunity to prove the continuity of life by bringing us evidential messages from our loved ones in the Spirit World. Our understanding is that our loved ones continue to learn and grow spiritually once they cross over to the Spirit World. They continue to care about us and our daily lives but their work is not over, they have much to learn and do as they do not become “Angels” as they pass to the other side. Their relationship with us does not change, only their proximity. They can be by our side the second we bring them to mind.

What about our relationship with Spirit Guides? We believe they are evolved souls whom have lived on Earth and have become teachers. They are more spiritually evolved and wish to serve mankind by being spiritual guides to those of us on Earth. They are not God, but they help us with our spiritual evolution.

And what about the Creation Story and Evolution? Well we don’t believe a man-like God created the Earth in seven days. We believe in the scientific explanation of the Earth and the universe, realizing also that as our scientific knowledge expands, so will our understanding. Spiritualists believe that there is an “intelligent design” to the evolution of the universe and that Infinite Intelligence was a part of how that evolution took place.

One of the things about Spiritualism is that we don’t have one sacred text that we believe is the “word of God.” We believe there is inspiration in all sacred texts and that man can continually receive inspiration from the spiritual realm.

The most important distinction, I believe, is that we do not tell you the specifics of what you should do in any given situation. We give you the tools to determine that yourself. Though Infinite Intelligence is “impersonal” we encourage each person through prayer and meditation to gain their own “personal perception” and understanding of this creative force we call Infinite Intelligence.

We encourage all to elevate their thoughts and raise their vibrations so they can be led by the impulse of Spirit in their lives. We often say that we have to get our egos out of the way so that we can allow Infinite Intelligence to work in our lives. We need to listen! We encourage a practice of meditation and prayer so that we can have a greater understanding of Infinite Intelligence.

In the Christian poem *Footprints*, a man sees scenes of his life and notices two sets of footprints in the sand—“his and “the Lord’s.” He questions why in his darkest hours there was only one set of footprints. He is shocked to find out the reason was because the Lord carried him in those dark hours. Spiritualists might say “Spirit” instead of the “Lord.”

Hold your head up high when you say our first Principle, “We believe in Infinite Intelligence,” and know that no matter what challenges you may face in life, you have the choice to “walk with Spirit.”

The NSAC Post

Happy Holidays!



TNS Goes Around the World!

*Submitted by Rev. Nancy Ryall
Spiritualist Chapel in the Woods, IL*

Spiritualists all over the world have been introduced to our wonderful magazine! The *TNS Summit* gained international exposure while on display in St. Andrews, Scotland, the site of the latest International Spiritualist Federation (ISF) membership meeting in August. The

NSAC and our *TNS* editor graciously supplied expired issues for distribution to the representatives of sixteen different countries which spanned from Iceland to Australia! People were thrilled to see the grace and panache with which the NSAC is represented through the pages of this thoughtful magazine.

Multiple issues were set on a table in the main hall and the table was cleared within an hour. All of the issues were on their way to another country with warm feelings of goodwill and generosity from the NSAC. Many expressions of thanks were given. Anna Luisa from Chile was delighted at the interesting articles that were available and was pleased to bring them back home. Dianne from Australia enjoyed the flair and style of the magazine and was going to share it with others in her country as well. Kristbjorg from Iceland and Ulla from Sweden both liked the magazine well enough that they are going to write articles about their countries in the upcoming months for our Global Spiritualism feature, so look for their names in the future! Other countries that brought home magazines were Spain, Belgium, Finland, Switzerland, New Zealand, Austria, Germany, Philippines, Canada, England, and Scotland.

As the *The National Spiritualist Summit* approaches its 100th birthday, it is being carried all over the world! Our writers are reaching further than ever before. What a wonderful way to celebrate who we are and what we represent!



Newly Ordained NSAC Minister

Rev. Tracey Bolton of California

Tracey Bolton was recently presented with her CM Certificate by her NSAC pastor, The Rev. Pamela Bollinger of the Summerland Spiritualist Church of The Comforter in Santa Barbara, California.

NSAC Post Submissions May be submitted for consideration and publishing in the TNS by emailing the TNS Editor at: TNSsummit@earthlink.net

Who is Sailing Your Ship?

"Never had I understood that I command, with absolute authority, the ship of my life! I decide its mission and rules and discipline, at my word waits every tool and sail, every cannon, the strength of every soul on board. I'm master of a team of passionate skills to sail me through Hell's own jaws the second I nod the direction to steer." - Richard Bach

The above quote is a brilliant reminder of who gives the sailing orders and sets the compass for the ship of our life. It is a wakeup call to the fact that we are the masters of our own destiny through the development and use of the skills of conscious intention, commitment, self-discipline, accountability and passion—all of which are needed to get us to the destination of a life worth living.

Metaphorically, have you ever thought of the span of your lifetime as a journey and that your sailing vessel is your body? In his book, *The Living Universe*, Duane Elgin writes, "Our bodies are biodegradable vehicles for acquiring soul-growing experiences. Everything we think and do has lessons for the soul." Staying with the metaphor of a sailing ship we can further that idea by saying our body is simply a carbon-based, biodegradable, disposable vessel which our soul commissioned and boarded at birth so it could circumnavigate the world, exploring the unknown, and collecting vital information needed for its own evolution, expression and expansion. Then, at the end of the voyage, when the "hull" of the vessel (consciousness) has reached its capacity of wisdom and understanding, the soul jettisons the vessel and returns to the ethers from which it came, with its karmic payload of wisdom intact, to continue the journey elsewhere.

If this metaphor works for you, then it makes good sense that the captain of your vessel must be your conscious, decision-making mind, and the wind that drives the vessel forward is the impartial energy of the universal Law of Cause and Effect, which effortlessly takes the vessel in whatever direction and depth the captain (that would be you) sets the rudder of his or her intention. It's very easy to be lured into complacency, allowing any number of people or things, including family, friends, the economy, the media, and so on, to become the influencing factor that sets the direction in which our lives will go. That's why it's important to remember, as Bach infers, you can choose to command, with absolute authority, the ship of your life, each and every day, one day at a time. Perhaps that is a mantra worth personalizing by writing it on a piece of bright yellow sticky paper, and pasting it on our forehead, the bathroom mirror, the refrigerator, or the dashboard of the car as a reminder to repeat it a few hundred times every morning before we set sail into the new day: "I command, with absolute authority, the ship of my life!"

So, understanding that your vessel follows the direction of your "nod" (agreement) and that the precious cargo your vessel transports is the essence of your wisdom-collecting soul-self, what kind of sailing orders will you issue to the crew (your conscious intention, commitment, self-discipline, accountability and passion) when you get out of bed and set sail tomorrow morning? Be mindful of what you agree to because the universe conspires to make it so.

Your crew is ready, willing and able...and they await your command. If you give some thought to who is sailing your ship—you'll enjoy the journey of your life ever so much more.

- Dennis Jones

CALLED BEYOND

Minerva (Micky) Barber
Passed to Spirit on August 1st, 2017



Micky Barber
A dedicated Spiritualist, friend, and mentor.

Micky was not always a Spiritualist, but she had a great understanding of living, loving, learning, and serving others. Raised by her grandmother and her father, she was taught hard work and to go for her dreams whatever they might be. She had a family and worked every day at Fisher Price-Mattel in East Aurora.

She found her home in Spiritualism at the First Spiritualist Temple of East Aurora, New York, and quickly became a pillar at our church. She knew everyone and never forgot a face or a name. She greeted visitors as they came in and always offered a warm smile and friendliness that was second to none. She was a role model to many!

Micky assisted on countless projects to help the church. She often spoke at the Temple, and sometimes she would lecture in Lily Dale. Micky's lectures were always motivational, inspiring and interesting. She was a commissioned healer, and played a big part in the implementation of the Pastoral Committee at the First Spiritualist Temple.

In the last few months of Micky's life in the physical she continued to work on her lessons with Morris Pratt. Micky was working on a lesson before her passing on August 1, 2017. The completed lesson was submitted by her daughter. Micky never gave up! She understood the importance of future growth for our religion. She wanted all of us to grow and carry on as Spiritualist to make the world a better place.

Micky you will be missed, but we thank you beyond words for being our mentor, our friend, our sister, and sometimes our parent. We are all better for knowing you!

Explaining Our Beliefs

Writer: Rev. Frances D. Montgomery, NST
Spiritual Life Center, OH

As Spiritualists we are often asked questions about our beliefs. There was a time when we were believed to be a cult. Some thought we were devil worshippers. Some still think we do not believe in God. Fortunately with more recent TV exposure, this image has begun to change. Unfortunately the programs dwell on the readings and message work but never delve into our philosophy, scientific research, or beliefs. They are only concerned with the phenomena.

There are those who wouldn't miss an all-message service, but never bother to attend a regular Sunday services. They do not investigate our philosophy or beliefs. We have had Sunday visitors who attend during periods of grief or difficulty to obtain guidance from Spirit on how to handle their challenging experience, but return to a "main stream" religion after a few visits, never really learning what we teach or practice in our daily lives.

Let's address some of the answers we should have thought through according to our understanding so we have "ready to use answers" to assist us in teaching newcomers about our religion. We can't simply repeat our Declaration of Principles and expect them to be understood without being thought through. Succinctly put, they do state who we are, what we believe and what we teach, but that doesn't necessarily answer questions if they are not thoroughly considered.

Do we believe in God? Yes. We believe in God but prefer the term "Infinite Intelligence," meaning unlimited knowledge which includes all understanding, all compassion, all feeling, all love. Infinite Intelligence has unlimited knowledge of us as individuals—total knowledge of our difficult times, our needs, our cares, and our aches and ailments both physical and spiritual. We believe God loves us and will hear our prayers and answer us.

We recognize the Supreme Being as a spiritual force that rules the universe and that sets Natural Law into action

with order and logical progression. We believe in a God of love. We embrace personal responsibility. Many religions are based on the theory of vicarious atonement, which means "delegated to," or "done by someone else," such as Jesus having died for a humankind's sins. We do not.

We are often asked if we believe in Jesus. We do accept Jesus and his teaching as the One who came to show us the way we should strive to live our daily lives. Jesus' death of the physical body and arising after physical death is the perfect example of life everlasting. Why then is communication with Spirit loved ones such a difficult thing for so many to accept?

You may be familiar with many Biblical references to Spiritualisms' gifts. We accept Jesus as a force of God in an Earthly incarnation. Jesus made many references to the gifts of Spiritualism in his teachings, including Spirit communication. It might be helpful to review some of these references to be prepared to answer questions posed by newcomers. Spirit can and does come in to teach us when we ask. In your meditation, ask Spirit to explain it to you in a way others can better understand.

Our Sunday services include a message portion after the talk is given. This is not intended to be the main portion of our service. It is not a "fortune telling" of upcoming events, nor is everyone to expect a message. It is intended to offer a greeting from Spirit loved ones, and serve as proof of the continuity of life. It is a verification that Spirit is with us and does communicate, but we want people to attend for fellowship, our teachings, and the encouragement we receive by having two or more joined together in the name of Infinite Intelligence.

Many people do not understand or perhaps they find it easier to get by without taking personal responsibility. That is a chore, especially when we have been in the wrong. Apologizing is difficult for many. If we are to grow forward as spiritual beings, we must stand up and face the consequences of our choices, even if that means admitting we made an unwise decision.

When people transition to Spirit they go exactly as they were in the physical body. They are at the exact point of understanding arriving in Spirit as they were when leaving the Earth. Spirit is not suddenly "given all the answers," but they may choose to progress in their knowledge, and grow forward.

Our spiritual paths are very personal to us. My goal was to assist you in being able to answer some of the difficult questions we as asked in our churches. May Spirit bless us all, and assist us as we grow forward on our spiritual paths.

A Spiritual Christmas Story

Writer: JoAnn Santonocito
Attunement Spiritualist Chapel, NY

I had just settled down to relax for the evening when I was startled by a strange sound coming from the front yard. I ran to the living room window to see what it was, then stood there in a state of shock. It was a robust older looking man walking up my driveway, dressed in jeans and a plaid flannel shirt. He had little wire glasses sitting atop a rosy round nose.

His eyes looked sad and he had the whitest beard and hair I had ever seen. He was wearing a fedora, and had a sack tossed over his shoulder. I watched as he walked to my door. I noticed how much he looked like Santa Claus. I thought I must be seeing things.

As I opened the door, I was scared, confused and excited all at the same time. He introduced himself as "Mr. Claus." I didn't believe him. He said, "Excuse me for my interruption, but I knew you were having troubles understanding the spirit of Christmas. I believe I can help you, and at the same time, you can help me." I thought to myself: How did he know I was thinking about the Christmas Spirit? How did he even know who I was?

"What are you doing?" I started to ask. The words choked up in my throat as I saw he had a tear in his eye. If this was Santa, his usual jolly manner was gone. This was not was the eager, boisterous soul we have heard about. He then answered me with the simple statement, "Teach them!" I was puzzled. What did he mean? He seemed to have anticipated my question! In one quick movement, he took the sack from his shoulders and placed it on the floor. Again he said "Teach them!" I gave him a puzzled look, and he continued by saying... "Teach them the old meaning of Christmas, the true meaning. Teach them the true Spirit of Christmas. The meaning has been forgotten. I am saddened with this, and was hoping you could help me." Santa then reached in his bag and pulled out a fir tree and placed it before me on the floor. He said, "Teach them

that the pure green color of the fir tree remains green all year round, depicting the everlasting hope of mankind. Notice that the needles of the tree point upward, towards the sun, much like the sunflower." He again reached into his bag and pulled out a brilliant star. "Teach them that the star represents the spark of God within every one. This is the inner light that we all seek. We contain within us the God Spark; therefore we in turn are a part of God."

He then reached into his bag and pulled out a candle. "Teach that the candle represents the light of truth. The truth is what we are taught to seek. In doing so, we will continue to grow on our spiritual path. To speak truth, we must seek truth. Truth-seeking requires persistence and humility. When we seek truth in any form, we are seeking to understand some small aspect of the Reality that created and encompasses us all. A commitment to truth-seeking will sometimes take us outside our comfort zone, obliging us to admit things we would rather deny or to take difficult action."

Again he reached into his bag and removed a wreath and placed it on the fir tree. "Teach them that the wreath symbolizes the real nature of love. Teach them that real love never ceases. Let them know that love is one continuous round of affection." Next he pulled from his bag a gift and said, "Teach them that the gift reminds us that yesterday is gone, and tomorrow is yet to come. We must live in today. Teach that today is a gift and we must cherish each and every one."

Next he pulled out an angel. "The angel reminds us of our loved ones who have passed away, and that they are always around us, protecting us, guiding us, and watching over us." Suddenly I heard a soft twinkling sound, and from his bag he pulled out a bell. "Teach them that the lost sheep are found by the sound of the bell, it should ring mankind to the fold and symbolizes guidance and return."

He then picked up his sack and turned toward the door. As he turned, I saw a twinkle was back in his eyes. As he walked out the door, he paused and said, "Remember to teach them the true meaning of Christmas—the spirit of Christmas, and do not focus on me, for I am but a humble servant."

This was truly a night to remember, and hopefully, with this story, I am assisting to spread the *true* meaning of Christmas.

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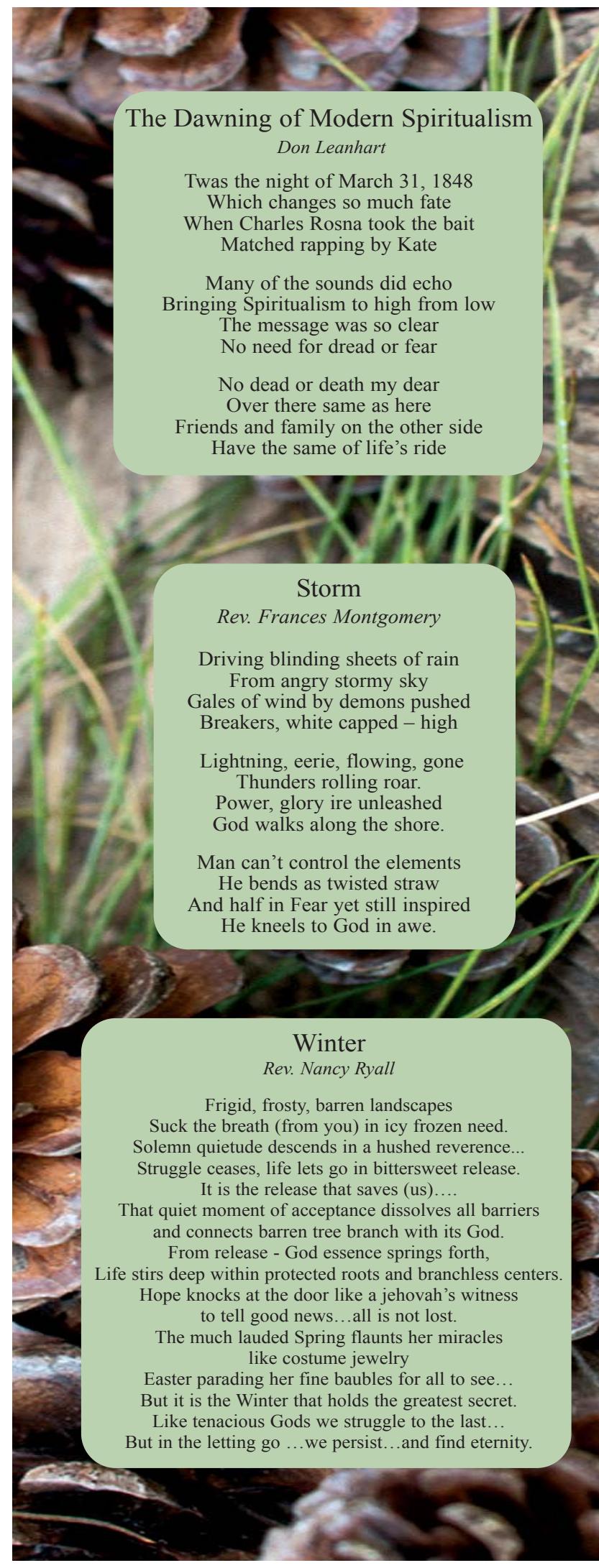
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The Dawning of Modern Spiritualism

Don Leanhart

Twas the night of March 31, 1848
Which changes so much fate
When Charles Rosna took the bait
Matched rapping by Kate

Many of the sounds did echo
Bringing Spiritualism to high from low
The message was so clear
No need for dread or fear

No dead or death my dear
Over there same as here
Friends and family on the other side
Have the same of life's ride

Storm

Rev. Frances Montgomery

Driving blinding sheets of rain
From angry stormy sky
Gales of wind by demons pushed
Breakers, white capped – high

Lightning, eerie, flowing, gone
Thunders rolling roar.
Power, glory ire unleashed
God walks along the shore.

Man can't control the elements
He bends as twisted straw
And half in Fear yet still inspired
He kneels to God in awe.

Winter

Rev. Nancy Ryall

Frigid, frosty, barren landscapes
Suck the breath (from you) in icy frozen need.
Solemn quietude descends in a hushed reverence...
Struggle ceases, life lets go in bittersweet release.
It is the release that saves (us)....
That quiet moment of acceptance dissolves all barriers
and connects barren tree branch with its God.
From release - God essence springs forth,
Life stirs deep within protected roots and branchless centers.
Hope knocks at the door like a jehovah's witness
to tell good news...all is not lost.
The much lauded Spring flaunts her miracles
like costume jewelry
Easter parading her fine baubles for all to see...
But it is the Winter that holds the greatest secret.
Like tenacious Gods we struggle to the last...
But in the letting go ...we persist...and find eternity.

NSAC Healing Center

Serving as a beacon of light to bring well-being to those in need

Request Spiritualist Healing

To request Spiritualist healing for someone, contact the NSAC Healing Center. Go to www.nsac.org/contact for an email request form or send an email with your healing request to nsachealing@nsac.org.

In order to respect personal privacy, you first must obtain permission from the person, or from their caretaker, to be placed on the *Spiritual Healing Requests* list. Then notify the NSAC Healing Center. Absent Spiritualist healing is directed to a specific individual. To list more than one individual from a household or group, send first and last name of each person. Names will appear on the *Spiritual Healing Requests* list for two months unless removal sooner is requested. Names may be resubmitted if need continues.

What Is Spiritualist Healing? Spiritualist Healing is a simple, safe, and supportive energy therapy that aims to bring balance to mind, body, and soul, as well as to stimulate the body's own natural healing ability.

The spiritual healer links to the healing energy (*Spirit Healers: doctors, surgeons, researchers, scientists*) in a method called *attunement* and is a channel through which the healing energy flows to the person who may or may not be present.

—Harry Edwards*

What Is Absent or Distant Healing? Absent Healing is another modality of healing practiced in Spiritualism. Spirit healings result from law-governed forces being put into operation following the sending forth of a thought directive (*prayer*). Spirit guides and doctors will diagnose the trouble and its cause, attention being directed to overcoming the cause, and then removing the symptoms.

The healer or group of healers should sit in the silence and attune to spirit, asking the spirit healers to work on behalf of the blending of healing energies being transmitted to the recipient.

An individual can participate in absent healing: simply quiet one's self, attune to the higher entities (*Spirit Healers*), and mentally transmit that energy to the recipient.

Love and compassion among the healer, recipient, and spirit is the basis of harmony, true attunement, and rapport.

—Harry Edwards*

Prayer for Spiritual Healing

I ask the Great Unseen Healing Force
To remove all obstruction from my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.
I ask this Great Unseen Healing Force
To help both present and absent ones
Who are in need of help,
And to restore them to perfect health.
I put my trust in the love and power of God.

NSAC Healing Center, 13 Cottage Row

PO Box 217, Lily Dale, NY 14752 | nsachealing@nsac.org

DIRECTORY OF NSAC MINISTERS MEDIUMS & HEALERS

Qualifications Certified by NSAC . Advance appointments recommended. (See NSAC current Year Book for complete listing.)

• ARIZONA •

GLENDALE

TISDALE, Rev. Janet, NST, CM, CH; Private consultation by appointment only; Church addr.: 3736 W. Wahalla Ln., 85308 - (480)510-2581; jtizzy@aol.com

PHOENIX

RICHARDS, Rev. Havivah, NST, CM, CH; 6220 W. Ocotillo Rd. #101A; 85031 - revhaviness@gmail.com Cell (480)297-6502.

TURNER, Rev. Dr. Norma J. NST, 3019 W. Morrow Dr. 85027; Spiritualist Living Ctr, (623)869-0587; Cell: (623)980-6262; njturner@earthlink.net; web: spiritualist livingcenter.com.

• CALIFORNIA •

AUBURN

KILLMER, Rev. June E., NST, 1635 Old Hart Ranch Rd., Roseville; 95661 - (916)783-3546; junekillmer@surewest.net

LOOMIS

DAWSON, Rev. Sandra G. NST CM; consultation by appointment. sgdawson91@gmail.com

SAN FRANCISCO

SORIA, Rev. Elsie Ann, NST; Healing, teaching, spiritual direction. 370 F St. Apt. #309. Colma, 94014. redfeather4@att.net, (650)922-4389.

SAN FRANCISCO

EHRHART, Rev. James Stewart, NST, CM, CH; Classes/workshops, private consultations, lectures, 66 Corwin St., 94114 - (415)621-2223; jimehrhart@earthlink.net

LAUDERBACK, Rev. Del; Ordained Minister, CH; Golden Gate Spiritualist Church, San Francisco, Home address: 126 Camelia Dr., Daly City, 94015; (650)757-6653; dlauderback7@aol.com; Healing & Ministerial svcs.

SANTA BARBARA

BOLLINGER, Rev. Pamela, NST, CM, CH; Pastor, Summerland Spiritualist Church of the Comforter; pjboblinger@gmail.com; (805)965-4474.

BOLTON, Tracey, Certified Medium. Classes, events, private readings. Tboltonmail@gmail.com; 818-321-7701 <https://www.traceybolton.com>

SAN JOSE

PERUCH, Rev. Louise, NST, CM, CH; Classes, consultation by appt.; 1327 W. Hedding St., San Jose, 95126 (408)615-0214; peruchlise@aol.com

WINNETKA

ESLICK, Rev. Maureen E., CM; Classes, spiritual counseling, revmaureeneslick@yahoo.com; 818-219-4509.

• CONNECTICUT •

NORWICH

RANDALL, Rev. Jacquelyn, NST, Pastor of Spiritualist Church of Norwich; Lectures, classes, ministerial services, & private consultations; (860)887-0068; cincyada@aol.com

• FLORIDA •

CASSELBERRY

LERCH, Rev. Jeannie Kerr, NST, CM, CH; Classes, seminars, private consultations, 335 Piney Ridge Rd, 32707 (407)719-9790, spiritknowledge@aol.com

OCALA

HAGER, Rev. Elaine S., NST, CM, CH; Serving you and Spirit. 9 Wood Ridge Dr, 34482 (352)873-1951; revelaine@cfl.rr.com

WATSON, Rev. Sharon A., NST, CM, CH; Classes, seminars, private consultations, 522 SW 79th Terr. 34474; (352)286-6687, sawatson@cfl.rr.com

SANFORD

AWTRY, Rev. Marilyn J., NST, CM, Missionary Ministerial Svcs: Grief Counseling, Wedding, Memorials. NST: Seminars, Classes, Oratory, Private Consultations. mjawtry333@gmail.com; 407-687-6207. marilynjawtry.com

• ILLINOIS •

CHICAGO

COVERSON, Rev. Marrice, NST, CM; Private consultations by appt. only, seminars, 5341 S. Cornell, 60615 - (773)493-1967; spiritspks@aol.com

HEYWARD, Rev. Florence, CH, CM; Pastor, Spiritualist Church of Truth, 6343 W. Cuyler, (708)452-8754

• INDIANA •

INDIANAPOLIS

DARBY, Rev. Bonnie, NST, CM; The Spiritualist Church of Indianapolis; 317-850-3142; Spiritualism.My.Way.of.Life@gmail.com.

• IOWA •

DAVENPORT

BUCHHOLZ, Rev. William E., CM; 806 E. 13th St. 52803-4240 - (563)326-3201; wbuchholz@q.com

• MAINE •

HARTFORD

FROBES, Rev. Stephanie, NST, 546 Town Farm Rd., 04220-5115 (207)388-3436

LEWISTON

SABINE, Rev. Catherine, MEd, NST, CH; 28 Champlaine Ave. Lewiston, ME 04240. crsabine@gmail.com. 207-376-5318.

PORTLAND

CARTER, Rev. Elizabeth, CM, CH; 15 Regan Lane, 04103 (207)797-2039; 2007spiritualist@peoplepc.com

RAYMOND

CONNOLY, Rev. Graham LS, CM, CH; NST, 66 Martin Heights, 04071 (207)655-6673; gconnol1@maine.rr.com

• MARYLAND •

PASADENA

CALDERALO, Rev. Rosemary, NST, CM, CH; Rosemarycalderalo@gmail.com; (203) 536-6620; 833 Riverside Dr. MD 21122.

• MASSACHUSETTS •

REHOBOTH

CRAIG, Rev. Patricia A.; CH & Medium. Email: evroty@aol.com.

• MINNESOTA •

ROCHESTER

YOUNG, Rev. Joyce E., NST, CM, CH; 4814 115 Ave. NW, Byron, 55920 (507)775-6358; jeyoung2@frontier.com

YOUNG, Rev. John E., NST, CM, CH; 4814 115 Ave. NW, Byron, 55920 (507)775-6358; jeyoung2@frontier.com

ST PAUL

LEDUC, Joan, LM; Spiritual Science Church of St. Paul; (651)699-4858; Church: (651)225-4609

• MISSOURI •

ST. LOUIS

FOLSOM, Rev. Kevin, Fifth Spiritualist Church; Email: FolsomKevin@yahoo.com; phone 636-377-2109.

• MONTANNA •

KALISPELL

KLEINSCHMIDT, Rev. Charlene, NST CM; Albert, CM, CH; 172 Wilson Heights Rd. 59901; charleneklein-schmidt1@gmail.com; 406-257-4668.

• NEW YORK •

FOREST HILLS

RUIZ, Rev. Hugo, Pastor, TMS, NST, CM; 9506 72nd Ave. 11375; (718)793-8434; ruiz@nyc.rr.com

JAMESTOWN

RILEY, Rev. Kathleen S., NST; PO Box 101, Lily Dale, NY 14752-0101; 202-321-1063; revriley@outlook.com; Keep calm & Spirit on!

LILY DALE

BARLOW, Rev. Joyce C., NST, CM; 5 Cleveland Ave., Box 142, 14752; (716)595-2755; joyce-barlow@sbcglobal.net

CLARK, Gretchen, CM; email: info@gretchenclark.com; P.O. Box 120, 14752; (716)595-3380

FORGET, Rev. T. Lynn; 20 Second St., 14752; (716)595-2194; lynneforget@yahoo.com

• OHIO •

DAYTON

MONTGOMERY, Rev. Frances D., 742 Watervliet Ave., 45420; (937)252-3299; fdm742@sbcglobal.net

• PENNSYLVANIA •

MUNHALL

O'HARE, Rev. Carol, NST, 3703 Wayne Rd., 15120-3068 - (412)398-7303; carolthenst@verizon.net

• VIRGINIA •

ALEXANDRIA

KRITHADES, Rev. Christine, J.D., NST, P.O. Box 7071, 22307 - (703)317-1707; ckckck@verizon.net

FALLS CHURCH

O'HARA, Rev. Deirdre; 3101 Worthington Cir. 22044; 703-241-2529; DOA501@cox.net

PORTSMOUTH

CUTLER, Rev. Lelia E., NST, 109 Tyler Crescent E., 23707; (757)397-2868 lecutler9@gmail.com.

VIENNA

O'CONNOR, Rev. Rita; 8334 Idylwood Rd., 22182. (703)204-2821. Finder912@earthlink.net

VIRGINIA BEACH

STREETER, Rev. Lynn M., 714 Gemstone Ln. 23462. (757)687-6660.

• WASHINGTON •

TACOMA

KIEFFER, Rev. Delilah A, 8201 Sixth Ave. Narrows Glen, Tacoma, WA 98406; (253)209-5224.

• WISCONSIN •

BROOKLYN

HAAK, Rev. Annette L., NST, CM, CH; Pastor of Summerland's Lakeview Spiritualist Church. Classes, private consultations. 317 N. Rutland Ave. 53521 - (608)354-2694; Revannettehaak@slscmadison.org; Web: SLSCmadison.org.

DIRECTORY OF NSAC CHARTERED CHURCHES & AUXILIARIES

• ARIZONA •

GLENDALE • **Church of the Living Spirit** • 3736 W. Wahalla Lane, Glendale, AZ 85308; Pastor Rev. Havivah Richards, (480)297-6502 reverandhaviness@gmail.com; Sun. Svc 10:30am; mail: 10825 N 109th Ave. Sun City, AZ 85351; www.churchofthelivings.wix.com/community-church.

PHOENIX • **Spiritualist Living Center** • Two locations for services: Saturdays 10:30am at 14465 RH Johnson Blvd, Road Runner Rm. Sun City West. Rev. Dr. Norma J Turner Pastor. Sundays 4pm at Interfaith Community Spiritual Ctr. 952 E. Baseline Rd. #101, Mesa. Assistant Pastor Maggie Simpson. Phone: 602-510-3236. Mail to: 16845 N. 29th Ave. #525, Phoenix. 85053. Email: info@spiritualistlivingcenter.com. Web: slcaz.org.

• CALIFORNIA •

CALIFORNIA STATE SPIRITUALIST ASSOCIATION • Pres. Rev. Maureen Eslick, (818) 219-4509 Sec: Susan Hazard; (805)618-0354; cssasecretary@yahoo.com. Mail to: 121 West Pueblo, #3. Santa Barbara, CA 93105.

AUBURN • **Circle of Love Spiritualist Community** • Canyon View Community Ctr; 471 Maidu Dr. 95603; Sun. Svc 10am; All Message Svc Thurs 7pm; For class schedule contact Pastor, Rev. June E. Killmer, NST; JuneKillmer@surewest.net; (916)783-3546 Pres. Katrina Thompson; Secy: Marti Cam. Visit: circleoflovespiritualistcommunity.org.

AUBURN • **The Spiritualist Chapel of the Pines** • 457 Grass Valley Hwy.#7, 95603; Sun. Svcs 10am; Rev. George Brenner, Pastor Emeritus; All Message Svc Fri. 7pm; Al Freitag, Student Minister; afreitag@pacbell.net; Int. Sec. Terri Freitag; spiritualistchapellofthepines.com; (530)823-1816

MONROVIA • **The Spiritualist Church of Revelation** • 200 W. Colorado Blvd., 91016; Sun. Service 11:00 a.m.; Pastor/Pres. Martin Pina, church phone (626)256-3403 secretaryscor@yahoo.com; call for class info.

SACRAMENTO • **Central Spiritualist Church** • 2500 Marconi Avenue Suite 209 95821; Sun. Service 10am: Classes (see website) Healing all Message Svc, last Sunday of the month at 10am. Pres. Paul Cook, paulcook@gmail.com; Rev. Sandra Dawson, NST (916)652-4568 / sgdawson91@gmail.com; Sec: Pat Carey.

SAN FRANCISCO • **Golden Gate Spiritualist Church** • 1901 Franklin St. (corner of Clay) 94109-3414; (650)757-6653; ggspiritualistchurch.org; Services: Sun. 9:30 Lyceum (classes) 9:30am early Sept. thru late May; Healing 10:30; Devotional Svc 11am; Wed. Healing 7pm, Devotional Svc 7:30; Classes available. Rev. Del Lauderback, Pastor; Rev. James Ehrhart, Assoc. Pastor.

SAN FRANCISCO • **First Spiritual Temple** • Svc: 2nd & 4th Sundays, 10am at 33 Banbury St., 94132. Lectures, classes & healing at svcs or by appt. Rev. Elsie Ann Soria, NST, Pastor. Pres: Ben Santiago. Private readings by Irma Iniguez (415)643-4585 or elotrolugar@gmail.com; Sec. Tamara Polly 202 Univ. St. Apt B, Healdsburg CA 95448, canyonrivers1967@gmail.com (707)303-5617. nsac.org.

SAN JOSE • **The Spiritual Science of Life Church** • "The Friendly Church" 729 Morse Street, (Corner of Morse St. & Naglee), 95126; Sun. Service 6:00 p.m., 2nd & 4th Sunday; Pastor Rev. Louise Peruch, NST; 1327 W. Hedding St., 95126; (408)615-0214; PeruchLise@aol.com; Sec. Colleen Page, P.O. Box 1863, San Mateo, 94401; (650)245-9919; spendaura@gmail.com

SAN LEANDRO • **Spiritualist Church of Two Worlds** • 1550 San Leandro Blvd. 94577; Svcs: Sun. Healing at 10:30; Devotional 10:45am to noon. Pastor Betty Nauratil, NST. (925)930-6663; Pres: Rev. Sandra Deckinger, NST. sandi_dckngr@yahoo.com; (415)350-5522. Classes Avail. Mail: 1271 Washington Ave. #140, San Leandro 94577

SANTA BARBARA • **Summerland Spiritualist Church of The Comforter** • 1028 Garden St. 93101; (805)965-4474; Rev. Pamela Bollinger, NST, Pastor; Sun. Healing svc. 10:30am., Sun Svc 11am; Unfoldment Class 1:15-3:15pm. spiritualistchurch.newsletter@gmail.com

• CONNECTICUT •

Connecticut State Spiritualist Association • Pres. William Keith; Sec. Rev. Jackie Randall, 60 Ward St., Norwich, 06360 / cincyada@aol.com; Mailing address: 29 Park St., Norwich 06360.

GROTON • **The Spiritualist Church of Peace & Light** • 15 Thames St. (Bailey Agencies bldg) Sun Svc 10:30am; Rev. Lynn Gaffin, Rev. Rich Terpe; Mailing address: 70 Dell Ave. #B5, New London, CT 06320. www.scpeacealight.org. Email: scpeacealight@yahoo.com; (860)442-1709.

NEWINGTON • **The Church of the Infinite Spirit** • Pastor Allen Noddin, 80 Walsh Ave., 06111; 2nd & 4th Sun. ea. month; Adult Lyceum 9:15am-10:15am, Svcs 10:30am-12pm; 203-443-0537; visit: newingtonspiritualistchurch.org;

NIANTIC - Ladies Aid Society, Inc., Pine Grove Spiritualist Camp • 34 South Pine St. Niantic, CT 06379-2157. Open June thru Aug. Pres: Maureen Caswell, mfcaswell23@yahoo.com; visit: pinegrovespiritualistcamp.net. PO Box 405.

NIANTIC - New London Spiritualist Church • Sleep Inn, 5 King Arthur Dr. Niantic; June-Sept: Pine Grove Spiritualist Camp, 34 S. Pine St Niantic. Svcs 10:30am; Mail to: PO Box 15, Niantic CT 06357; Pres: Natalie Villar (860)368-1972; www.nlspiritualist.com

NORWICH - **National Spiritualist Church of Norwich, Inc.** • 29 Park St. (off Main St.), 06360, (860)886-8522; Sun. Service 10:30am - noon, coffee & fellowship; Pres. Mark Gagne. For more info call church Pastor, Rev. Jacquelyn Randall (860)887-0068 / www.nschnorwich.net

OLD GREENWICH - **Albertson Memorial Church Of Spiritualism** • 293 Sound Beach Ave., 06870; (203)637-4615; Pres. Oscar Recalde; Sec. India Beard; Sun. Service 11am., visit: www.albertsonchurch.org.

WILLIMANTIC - **The First Spiritualist Church of Willimantic** • 268 High St., 06226, (860)423-5774; Services 10:30am Sundays; Visit: www.firstspiritualistchurch.org.

• FLORIDA •

ORLANDO • **New Vision Spiritualist Center, Inc.** • Call for meeting time & location. Healing, Sermon, Messages at all services; Pres. William Patridge; (407)855-6294. Visit us on Facebook.

ORLANDO • **Spiritualist Church of Awareness** • 3210 N. Chickasaw Trail; Mail: P.O. Box 4010, Winter Park, FL 32792, (407)678-3688; spiritualistchurchofawareness.org news@myscoa.org; Sun. healing 10:30am., service/messages 11am.; Wed. healing 7:30 p.m.service/messages 8pm.; Pres. Annette Brown, (407)690-1743; Sec Chris Jackson: 407-399-3450.

• ILLINOIS •

CHERRY VALLEY • **Cherry Valley Spiritualist Camp, Inc.** 8002 Service Rd; 61016; (815)332-5359. Visit us at CVSC.me, or on Facebook. Email: cherryvalleysc@frontier.com. 9:30am Lyceum; 10:30am Healing Meditation; 11am Worship Svc., Messages & Pot Luck every Sunday after svc.

CHICAGO • **The Church of The Spirit** • 2651 N. Central Park Ave., 60647-1101, (773)489-5422; Chicago's Oldest Spiritualist Church; Sun. Family Worship: Healing, 10:00 a.m., Worship Svc, 10:30am.; All Message Service, 1st Wed., 7pm.; Call for current Development & Educational class schedule; Pastor Rev. Marrice Coverson; Sec. Lio Guitierrez.

CHICAGO • **Spiritualist Church of Truth** • 6343 West Cuyler (1/2 block north of Irving Pk.) 60634; Service 2:45pm., Healing, Lecture, Messages every Sun.; Pastor & Pres. Rev. Florence Heyward; Sec. Judith Galar, 4050 N. Oriole Ave., Norridge, 60706-1117, (708)452-8754.

LEROY • **J. T. & E. J. Crumbaugh Spiritualist Church** • 102 S. Pearl St., PO box 174, IL, 61752; 309-962-9076. Sun-Lyceum 11am; Church svc: 12pm; Fellowship after svc. Sec: Dorothy Kopaskey. Visit crumbaughchurch.com; email: crumbaughchurch@live.com. Facebook: JT & EJ Crumbaugh Memorial Spiritualist Church, NSAC.

• INDIANA •

INDIANAPOLIS • **The Spiritualist Church of Indianapolis** All Ages Welcome Sun. Healing, Devotional Services & Messages 6:30-8PM: 3020 S. Meridian St., Ste E&F, 46217-3221. Adult Mediumship Unfoldment & Lyceum Classes every Tues, 6:30-8pm. FMI call Pastor Bonnie Darby (317) 850-3142 or visit <http://www.tscoi.org> / <https://facebook.com/http://tscoi.tumblr.com>

• MAINE •

MAINE STATE SPIRITUALIST ASSOCIATION OF CHURCHES • Pres. Rev. Graham Connolly, 66 Martin Heights, Raymond ME. 04071. 207-655-6673; Sec. Rev. Betty Simpson, 715 Newburgh Rd. Hermon, ME 04401. 207-848-2273; Treas. Janice Nelson-Kroesser, 46 Homestead Rd. Washington, ME 04574-3620. 207-845-2885. [www.mainespiritualism.com](http://mainespiritualism.com)

AUGUSTA - **Augusta Spiritualist Church** • 113 Townsend Rd, Augusta, 04330; Pastor Rev. Nancy Parry, (207)458-6141; Pres. Melanie R. Ames, (207)692-4891.

BANGOR - **The Harrison D. Barrett Spiritualist Church** • 15 State St., Sun. Serv. 10:30 am; Secy., Betty Simpson, 715 Newburgh Rd., Hermon, ME. 04401, (207) 848-2273; <http://www.hdbspiritualistchurch.org>. Gallery Readings second Friday every month at 7pm. Co-pastors: Rev. Patty Palmer, NST & Rev. Betty Simpson, NST.

HARTFORD - **Pinpoint of Light Spiritualist Camp** - Seasonal day camp June - Sept., Mail: 546 Town Farm Rd., 04220-5115. Email: pinpointoflightcamp@gmail.com; Web: pinpointoflight.org; (207)515-1016; Sec: Rev. Stephanie Frobese.

MADISON - **Madison Spiritualist Camp** • Located at historic Lakewood Theater Village off Beach Rd., Rt. 201, 6 miles N. of Skowhegan. Season: July & Aug; Camp ph:(207)474-0124; For program information & events, visit madisoncamp.org; find us on facebook, or email: info@madisoncamp.org.

NORTHPORT - **Temple Heights Spiritual Camp** • 4 Park St. (TH), 04849; June 26-Sept 9, 2017; Private Readings 9-4pm daily; Workshops Sat. 9:30am & 1pm. Circles, message & table tipping W-F-Sat. at 7pm.; Church svc: Sundays 10:30am & Ths 7pm.; Camp: (207)338-3029; www.templeheightscamp.org; Pres. Jean Bower (207) 338-1355. Sec: Mandy Everett (207)462-0268.

NORTHPORT - Temple Heights Spiritualist Church • Sun Svcs 10:30am, May 1-Oct 31. Meets at THSC, 4 Park St. (TH); Nov 1 to April 30; We meet at Excelsior Lodge, 57 Cove Rd., Northport; Pres. Jean Bower (207)338-1355, Sec. Diana Kimball (207)338-6275. **PORTLAND** - Portland Spiritualist Church • Mailing addr: PO Box 6551, Portland ME 04102; Sun. Svc 6:30pm.; Fri. Class 7:30pm; Meetings at 17 Dunn St, Westbrook; (207)797-2039; info@portlandspiritualistchurch.org; Pastor Rev. Beth Carter, 2007spiritualist@peoplepc.com; Pres: Mike Carter: retrac55@peoplepc.com. portlandspiritualistchurch.org **SABATTUS** - Spiritualist Church of Eternal Life • 352 Crowley Rd Sabattus, Maine; Pres. Rev. Catherine Sabine (207)376-5318. crsabine@gmail.com

• MASSACHUSETTS •

BURLINGTON - The Church of Spiritual Growth • Services held at 16 Lexington St. Please check website for details: www.churchofspiritualgrowth.nsac-churches.org, or call Pastor Lorraine Radice at (781)270-0383.

CHICOPEE - Healing Hands of Light Spiritualist Church • 465 Granby Rd. MA 01013; Worship Svs 10:30am. Sundays after Labor Day thru June; Ph(413)592-0300; Rev. John F. Sullivan, Sec: Denise Sullivan, PO Box 392, Worthington, MA 01098; or denise.m.sullivan7@gmail.com.; Visit: healinghandsoflightspch.com

ONSET - On-I-Set Wigwam Spiritualist Camp • P.O. Box 1556, 02558; Summer schedule www.onisetwigwam.com / info@onisetwigwam.com

REHOBOTH - First Spiritualist Church of Brockton, Inc. • Services 10:00 a.m. Sun. at Anawan Grange Bldg., junction Rts. 44 & 118; Mail: P.O. Box 145, 02769, firstspiritualistchurch.com

• MICHIGAN •

CHARLEVOIX - Northern Lake Michigan Spiritualist Camp • 07444 Old U.S. 31N. 49720; Sec. Janet Norris; secretary4nlmsc-grsc@hotmail.com; Open July 1st thru Aug 31st; Sunday svcs 10:30am. Wed Svcs at 7:30pm followed by bonfire fellowship time.

CHARLEVOIX - Golden Rule Spiritualist Church • 07444 Old U.S. 31N. 49720; Sec. Janet Norris; secretary4nlmsc-grsc@hotmail.com; Open in Spring. (dates vary according to weather) Closed for Winter. Sun. services 10:30am with fellowship immediately following svc.

FERNDALE - First Spiritualist Temple of Detroit • 2724 Goodrich, 48220; Mailing Address: 321 Spencer, 48220-3544; Svc: Saturdays, 6:30pm.; Sec. Dianne L. Smith, (248)545-5680.

JACKSON - Michigan State Spiritualist Association of Churches • 2540 Norwood Rd, 49203; Sec. Rebecca Strauss; rstrauss52@yahoo.com

ROYAL OAK - First Spiritual Temple • 3224 Greenfield Rd. (1 1/2 blocks S. of 13 Mile), 48073-6534; Sun. Service 10am; Pastor Rev. Marguerite Gutt, NST, (248)548-2240; firstspiritualtempleofroyaloak.com.

• MINNESOTA •

BYRON - Third Spirit of Life Spiritualist Church • 4814 115 Ave. NW, Byron, MN, 55920. Svcs 3rd Mon. of month, 7pm; Pastors Rev. Joyce E Young, NST and Rev. John E Young, NST. Sec (507)775-6358.

ST. PAUL - Spiritual Science Church of St. Paul • Pres./Speaker/Pastor: Joan LeDuc; 2169 Scheffer Ave., St. Paul, MN 55116-1255; Church ph: (651)225-4609.

• MISSOURI •

ST. LOUIS - Fifth Spiritualist Church of St. Louis • 6026 S. Kingshighway Blvd., 63109-3558; Sun Svcs: 10:30am; Healing Meditation & Message, 1st Wed. of month 7pm.; Pastor Marilyn Kalna, (314)707-3934; Pres. Jayne Kmitta; (618)604-0647 5thspiritstl.com

• NEBRASKA •

OMAHA - Spiritual Science & Philosophy Church • 321 Hascall St., 68108-2121; Sun. Service 11am.; Philosophy Class - Noon when scheduled; Pastor/Sec. Alace Jayne Fanslau, 321 Hascall St., 68108-2121, (402)345-0101.

• NEVADA •

LAS VEGAS - Spiritualist Desert Church • 3305 Spring Mountain Rd., Suite 51, 89102, (702)876-8783 (message line only), spiritualistdeserchurchIV.com; spiritualistdeserchurch@yahoo.com; Service Sun. 11am. & 6:30pm., Thu. 6:30pm. Healing/Meditation Svc, Development Circle follows. Rev. Vicky Homann (702)234-1147.

RENO/Sparks - Spiritualist Society of Reno • Meeting place: Masonic Lodge, 2425 Pyramid Way, Sparks NV, 89431. Sunday meetings include a talk, guided meditation, spirit healing and spirit greetings. Meets 11am to 12:15pm; President, Jannet Caywood; SpiritualistSocietyofReno.org; FaceBook.com/SpiritualistSocietyofReno. Address: Sec. Rev. Lisa Butler, 3415 Socrates Dr., Reno, NV 89512, tomalisa2@aol.com. (775)329-5980.

• NEW HAMPSHIRE •

DERRY - The Church of Spiritual Life. • 58 East Broadway (Masonic Temple) NH 03038; Sun. Service 10:30 a.m.; All mail to: PO Box 593, Derry, NH 03038; Visit: churchspirituallifenh.org

• NEW JERSEY •

WESTVILLE - Church of Eternal Life • 243 W. Olive St., 08093; Sun. Healing, Worship & Msg Svc 11am; (856)456-2196. thechurchofeternallife.org.

• NEW YORK •

EAST AURORA - First Spiritualist Temple • 29 Temple Pl., P.O. Box 465, 14052, (716)652-5018, www.firstspiritualisttemple.com; Email: FSTofEastAurora@gmail.com. Sun. Healing Svc 10:30am.; Lecture & Msg Svc 11am.; Social Hour 12:15pm.; Dinner Day 3rd Sun. of month;

LILY DALE - Lily Dale Assembly • 5 Melrose Park, 14752, (716)595-8721, Fax (716)595-2442; Ofc Hrs, Sept -June: M-F 10am-2pm; June-Aug: M-F 9am-4pm, Sat. 9am-noon, closed Sun; Camp Season: Last Friday in June - Labor Day; Pres: Lynne Forget; Sec: Roberta (Bobbie) Caswell; lilydaleassembly.com / lilydaleassembly@netsync.net

LILY DALE - Lily Dale Spiritualist Church • East St. Healing Temple, P.O. Box 1128, 14752-1128, (716)595-3971; Sun. Worship svc 10:30am.; Healing during svc. Worship, Healing & Message Svc each Wed. 7:30pm. Sept-June; www.lilydalespiritualistchurch.org.

LONG ISLAND - New Horizon Spiritualist Church • Sun. Healing & Worship Service 10am.; 692 Broadway, Massapequa, 11758 (Amvets Post 88); Contact: Mary Ann Clancy, (516)792-5919.

LONG ISLAND - Summerland Church of Light • Sunday Silent Meditation 10 a.m.; Healing/Worship Service 10:15 a.m. at 120 Plant Ave., Hauppauge; Mail: P.O. Box 5209, Hauppauge, NY 11788-5209; Sec. Valerie Miller, Summerlandchurchoflight.org

LONG ISLAND - Temple of Metaphysical Science • Sun. Service Healing and Worship 11:00 a.m.; Pastor Rev. Hugo Ruiz, NST; Terry Difiore-Wachtel, Sec; 12 Baker St. Mail to: P.O. Box 453, Patchogue, 11772, (800)316-1231; TMS-Li.org

ROCHESTER - Plymouth Spiritualist Church • 29 Vick Park A, 14607; Voicemail (585)234-2362; Sun. Svcs 10:30am; Plymouthspiritualistchurch.org.

• OHIO •

DAYTON - Spiritual Life Center, NSAC • 609 Watervliet Ave., 45420-2544, Rev. Frances D. Montgomery, (937)252-3299; fdm742@sbcglobal.net; visit: sunflowerchapel.org

• PENNSYLVANIA •

PITTSBURGH - First Spiritualist Church • Mallenwood Manor, 1318 Singer Place, Wilkinsburg, PA; Svcs 1st & 3rd Sun. 11am-1pm; Healing, meditation, lesson & messages followed by social. Tues: Call for info on home circles & mediumship classes. Pastoral committee: Rev. Carol O'Hare, NST. & Rev. Michele Saling, MRelEdJD. 1stspiritualistchurch.org. Facebook: PittsburghSpiritualistChurch. 412-672-1272 Ofc. 412-245-1438 fax.

PHILADELPHIA - Celestial Spiritualist Church • 421 N. Preson St. (215)519-0861; Sun. Svc 2pm; Healing, Lecture, Messages; Wed Eve all-message svc 7:30pm; Pastor Rev. Betty J. Hutt.

• TEXAS •

AUSTIN - First Spiritualist Church of Austin • 4200 Ave "D" - Austin, TX 78751-3719, (512)458-3987; Devotional, Healing & Message service Sunday 10:00 a.m.; Pres. Wanda Garcia; Sec. Sonia Dela Torre.

HOUSTON - First Spiritualist Church of Houston • 2115 Turner Dr., 77093; Sun. Service 10:30am.; Unfoldment classes Wed. 7:30pm & Fri. 8pm; Pres. Liana V. Liles; lianailies@gmail.com; Priv. readings by appt., firstspiritualistchurchofhouston.org; (713)695-2550.

• VIRGINIA •

FALLS CHURCH - Center for Spiritual Enlightenment • 222 N. Washington Street; Mailing address: CSE (NSAC), P.O. Box 6630, 22040-6630; (703) 645-8060; web: TheCSE.org; Email: thecse@thecse.org; www.facebook.com/thecse.org Year-round Sunday Services: Healing Svc 10am / Devotional & Msg Service 10:30am.; Pastors: The Rev's. Konstanza Morning Star, Leonard Justinian, John Otey, Deirdre O'Hara, and Rita O'Connor; Sec. Rita O'Connor; Pres. Steve Vogel.

NORFOLK - Memorial Spiritualist Church • 307 W. 37th St., 23508-3207, (757)622-5070; www.memorialspiritualistchurch.org; Sunday Service 11am.; Wed. 7:30pm.; Healing available at 10:30am. Sun and 7pm. Wed.; Adult Lyceum Sun. 9:30am.; Children's Sun. Lyceum 11am.; Ministers: Rev. Lelia E. Cutler, NST, (757)480-3799; Pres. Margie Briggs (757)421-9631; Sec. Rev. Lynn Streeter, (757)687-6660; Lyceum Dir. James McMillan.

• WEST VIRGINIA •

WHEELING - First Spiritualist Association of Wheeling - Way Memorial Temple • 27 Maryland Street; 26003; (304)233-5065/ www.waymemorial.org.

• WASHINGTON •

MILTON - Church of Divine Grace • Held at Camp Edgewood, NSAC – 1228 26th Ave. Ct.; Church svcs Sun. 2pm; Sept-May; (Mail c/o Sherry Valentine, 11113 SE 323rd St. Auburn, 98092); Pres. Bernie Allers (253-833-4850) Sec. Karen Wennerlind; Email: churchofdivinegrace@gmail.com

MILTON - Church of Spiritual Unity • Held at Camp Edgewood, NSAC – 1228 26th Ave. Ct.; Church svcs Sun @ 2pm; Sept-May; Mailing address c/o Pres. Colleen Mohler, 1210 26th Ave Ct. 98354, (253)927-2365. Sec. Jill Mohler, 1015 Emerald St., 98334; (213)568-0333; j.m.mohler@hotmail.com

MILTON - Church of Spiritual Truth • Sunday Svcs 11am; Located on historic Lake Surprise. 1228 26th Ave Ct. Milton, WA 98354. Pastor Denice (Dee) L. Chapman; Pres. David R. Chapman Sr.; Sec. Denice L Chapman; Church offers devotional svcs, healing, greetings from Spirit, & educational speakers. Social hour following church, all are welcome to enjoy good food & fellowship.

MILTON - Camp Edgewood, NSAC • 1228 26th Ave. Ct, Milton WA 98354; (253)927-2050/ fax: (253)927-7531. Pres. David Chapman Sr.; Sec. Denice Chapman; email campedgewood@yahoo.com. Located on beautiful Lake Surprise. Historic camp offers healing, meditation, Spirit greetings & a variety of classes. For info contact Denice Chapman Tues.-Sat. 11-4pm.

TACOMA - Eternal Light Spiritualist Community • Sunday Svcs 10am. Meetings downstairs at the Tyler Masonic Temple. 2530 Grandview Drive West; University Place; 98466. Rev. Deliah Kieffer; visit spiritualistanswers.com.

• WISCONSIN •

MORRIS PRATT INSTITUTE ASSOCIATION • 11811 Watertown Plank Road, Milwaukee, WI 53226; (414) 774-2994; www.morrispratt.org; NSAC Educational Auxiliary.

BROOKLYN - Summerland's Lakeview Spiritualist Church • 317 N. Rutland Ave., 53521; Rev. Annette L. Haak, (608)354-2694; Twice a month services on Thu., 7pm.; SLSCMADISON.ORG

WEST ALLIS - First Spiritualist Church of West Allis • 6228 W. Washington Street, 53214, Pastor Rev. Debbie Malison; weekly svcs, various events; see our meetup group at: <http://www.meetup.com/First-Spiritualist-Church-of-West-Allis-FSCWA/> for details. (414) 778-0088; Church email: firstspiritualistchurchwa@gmail.com;

• INTERNATIONAL •

INTERNATIONAL SPIRITUALIST FEDERATION • Annual 'Mind, Body & Spirit' teaching weeks, regional meetings, teaching teams; Website: www.theisf.com; Membership secretary: Ann Robson, 128 Malvern Rd.; Billingham; Cleveland, TS23 2PJ United Kingdom. Email: membership.isfederation@gmail.com; General Secretary: Ann Luck; gensec.isfederation@gmail.com.

Contribute an Article to the TNS Magazine!
Written submissions you wish to have considered for publishing may be sent to:

TNSsummit@earthlink.net



LISTENING AND SPEAKING TO EACH OTHER

When you say something to someone, is it important and valuable to you? People say things today because they want to be heard, but many people who are supposed to be listening aren't hearing or do not care what people have to say. You need to learn how to be a good listener and good speaker.

If you are speaking about Spiritualism to an entire group of people, or just one individual, make your words count. Speak so that they listen to what you have to say. Bring something to them that they are going to use down the road. Share something of value to them and their lives that is going to impact them on a daily basis or in the future.

If you are listening to someone say something, you are listening, or you are doing one of a dozen other things, be in the now. Put your attention to what they are saying, listen and acknowledge what they have to say. You may not agree with everything that is being stated, but if you are at least putting your full attention to what they have to say, then that individual will feel that they have accomplished something even if it does not go in their favor, because you listened.

So, speak clearly, with purpose, with passion, and determination. Listen to what individuals have to say around you. Turn off the television, the computers and phones, and give your full attention to what that person has to say, even if you don't agree with everything, there might be something in their conversation that can be useful to you in the future.

The NSAC Department of Lyceums

Contributed by: Rev. Havivah Richards, NST

Church of the Living Spirit, AZ

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IF WE ARE TO PROGRESS

The more knowledge and understanding we have, the more we can fully express ourselves. It is sensible to get in the habit of advancing while in the physical body.

SPIRITUALISM'S MISSION

To proclaim, explain, demonstrate, and prove its philosophy of the Continuity of Life. We advance through the limitless spheres of Spirit as we rise, step by step, through self-effort, self-culture, and growth in our powers and possibilities.

QUESTION

How can I continue my education in Spiritualism?

By studying thoroughly and conscientiously:

- What Spiritualism is and does.
- What Spiritualism has and can accomplish.
- The lives of the pioneers and others with strict attention to the preparation they made to become public exponents of this truth.
- The experiments and researches of the prominent scientists and philosophers connected with the movement of Spiritualism in all countries.

EDUCATION

We know ... *That this life is only a stepping-stone to a higher life, and that life beyond is a natural continuation of the life that is now; that in that life we shall receive all we have earned, all we deserve, and nothing more or less.*

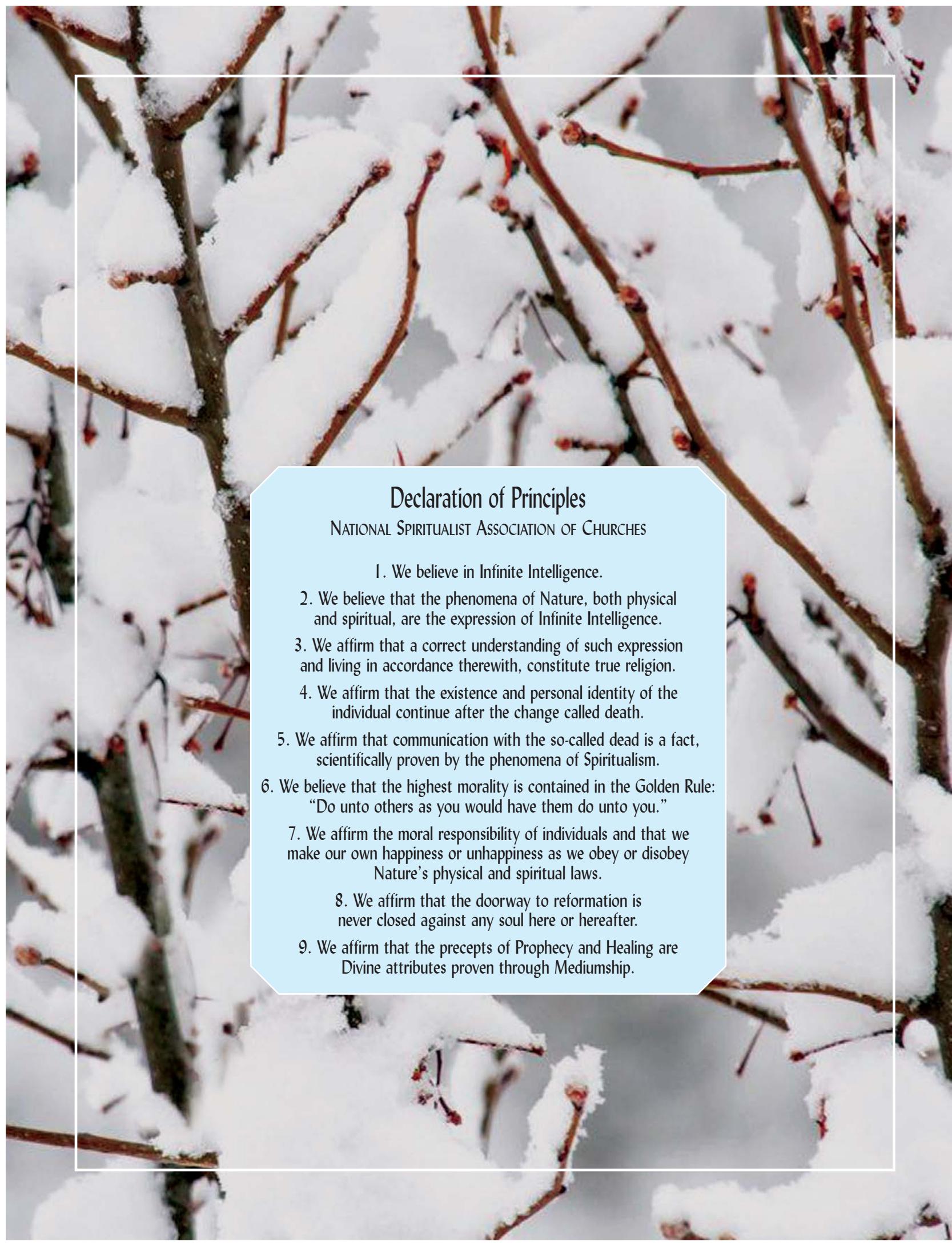
—Wilberforce Juneval Colville, *Spiritualist*, 1860–1917



Morris Pratt Institute

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THE EDUCATIONAL FOUNDATION UPON WHICH SPIRITUALISM IS BUILT



Declaration of Principles

NATIONAL SPIRITUALIST ASSOCIATION OF CHURCHES

1. We believe in Infinite Intelligence.
2. We believe that the phenomena of Nature, both physical and spiritual, are the expression of Infinite Intelligence.
3. We affirm that a correct understanding of such expression and living in accordance therewith, constitute true religion.
4. We affirm that the existence and personal identity of the individual continue after the change called death.
5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
6. We believe that the highest morality is contained in the Golden Rule:
“Do unto others as you would have them do unto you.”
7. We affirm the moral responsibility of individuals and that we make our own happiness or unhappiness as we obey or disobey Nature’s physical and spiritual laws.
8. We affirm that the doorway to reformation is never closed against any soul here or hereafter.
9. We affirm that the precepts of Prophecy and Healing are Divine attributes proven through Mediumship.